

Classes January - April 2022
Registration Opens
Wednesday, January 5, 2022 10:00am



SPRING 2022

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



Sponsored by:



Dear Oasis Friends,

Welcome to 2022, and let's hope this year is a little more "normal" than 2020 and 2021! We continue to produce our popular catalog three times a year, offering unique and unusual (and not so unusual!) classes. We aren't quite through with this pandemic, and I encourage you to read the emails I send on a fairly regular basis (mostly on Fridays) and check our website for updates to our safety protocols. You can also call the office (505-884-4529) for updates. Things change rapidly, and we carefully monitor the situation to make sure you can attend classes in a safe manner.

There have been some personnel changes at Oasis that I want to celebrate. First, our longtime office manager, Lisa Lerner, has been promoted to one of the Program Coordinator positions. She will be in charge of catalog production, along with a variety of other things. Monica Lopez has been hired as the new Office Manager. Also, Sandy Wylie has been hired as a part-time Health and Wellness Coordinator to assist with our health and wellness programming. We welcome Cynthia LaCoe-Maniaci, Health & Wellness Coordinator back from maternity leave - she will be working very limited hours for the time being. The Oasis team is getting back to full steam, and we look forward to welcoming many of you back to the center soon.

Finally, I want to thank Bill Willis for his many years of service on the Oasis Albuquerque Board of Directors, most recently as Treasurer. Prior to the pandemic, Bill and his wife Alice attended many Oasis classes and were "regulars." He had good insights into Oasis from a member's point of view. We appreciate his dedication to and love of Oasis. We will miss him!

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, age, 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

Inclement Weather Policy

When our area experiences snowy weather, please check your email for class updates or call the Oasis office at 505-884-4529. If we can offer a class via Zoom (in lieu of in-person), we will do so. We will do our best to reschedule the class.

COVID-19 Safety Practices

Be aware of changing policies regarding Oasis's COVID-19 protocols. We will announce any changes through our emails and on our website. Currently, we are asking everyone to show proof of full vaccination (one time only) and be prepared to wear a mask when you are in the Oasis center. We follow the NM State Health Department guidelines and CDC recommendations for the safety of our members and staff. Thank you for your patience and understanding as we navigate continuing changes.

Oasis Class Formats

In these changing times, Oasis now offers classes in four formats. As you browse our catalog you will see icons next to course locations, each representing the class type or location. **Offsite locations are also listed on pages 47-48 and on our website.**

Oasis On-Site

Class is held at the Oasis office located at 3301 Menaul Blvd. NE, Suite 18.

Off-site

Class is held at a location other than Oasis. You will receive the address to the specific site on your receipt/registration confirmation.

Walk or Hike

Class is held at a location other than Oasis. You will receive the address to the specific site on your receipt/registration confirmation. Please read the class description to know about special circumstances such as terrain, restroom and/or parking availability.

Zoom Class

Class is held virtually on Zoom. You will receive a link to access the class, including the meeting ID and password via email one day prior to your class. The easiest way to access Zoom is by clicking on the link that is emailed to you. For more information on how to use Zoom visit our website www.oasisabq.org.

Table of Contents

Classes

Arts	5
Current Events	6-7
Film & Television.....	8
Food.....	9
Health Lectures	9-11
Movement & Exercise	12-15
History & Culture.....	16-21
Literature	21-22
Music	23-26
Performing Arts	27-28
Personal Enrichment	29-31
Philosophy, Religion, & Spirituality.....	31-32
Science, Math, & Nature	33-38
Southwest.....	38-41
Technology	42
Armchair Travel/Travelogue	42
Walks & Hikes	43-45
La Vida Llena-Sponsored Classes.....	45
Neighborhood in RR-Sponsored Classes	45-46
Off-Site Locations Directory.....	47-48
Oasis National News.....	48
Oasis/Collette Trip	49
Intergenerational Tutoring Program	49
Thank You to Our Supporters	50
Class Calendars.....	54-57
Oasis Policies.....	58
Registration Info.....	59
Online Registration Info.....	60
Class Registration Form	61-62
Oasis New Participant Form	63

See pages 58-60 for important policy & registration information.

Volunteers - Thank you

We were back to semi-normal during the fall trimester, with volunteers returning in person to the front desk, out in the community delivering catalogs, leading hikes and walks, and back in the classroom as Oasis instructors and tutors!

Our behind-the-scenes volunteers continued with library upkeep, Zoom class hosting, proofing the catalog, assisting with class data input, and serving on committees. Thank you all for helping us move forward. **We are very grateful that you are part of the Oasis team.**



Oasis staff members

Top row: Lisa Lerner, Sandy Wylie, Becky Kenny, Sylvia Giomi

Bottom row: Vicki DeVigne, Kathleen Raskob, Monica Lopez, Cynthia LaCoe-Maniaci

Foot Care Clinic



Foot Care Clinic: Nail Trimming

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. **Call the Oasis office at 505-884-4529 to make your appointment** on selected dates from January through April. Payment is due when the appointment is made; 7 day cancellation required.

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

ARTS

Victorian Glass - The Beginning of Modern Decorative Glass 100

Cathy Dahms



Learn about Victorian Glass.
Photo courtesy of
Cathy Dahms.

The Victorian era was an amazing time of invention and artistic expression in glassmaking and glass decorating. Cathy Dahms discusses what factors contributed to this dynamic period of glassmaking in Britain, Europe, and America; the characteristics of Victorian glass and provides examples of the dozens of

innovations from that period that still influence modern art glass. Take a fun look at some Victorian glass forms that are no longer seen today.

An avid lifetime glass collector, Cathy Dahms has been writing a book on glass decorative techniques as a retirement project. She has done extensive research at the Rakow Research Library (Corning), the Museum of American Glass in West Virginia, and museums throughout the Czech Republic. She is an active member of numerous glass organizations.

Wednesday Jan 12 2:30 - 4:00
Fee: \$10 Oasis

Brushstrokes & Horizons: Pastel Landscapes Workshop 101

Susan Roden

Paint landscapes with use of alcohol washes and accented strokes to explore a varied application approach to pastels. In the first session, Susan

Roden leads a group exercise to explore the effects and handling of pastel sticks and brushes. Participants then progress onto individual pieces executed onto paper and wood panels. This accelerated technique is ideal for plein air or studio painting! *All materials will be provided; bring \$15 materials fee payable to instructor at first class (cash or check). Limited enrollment.*

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

Wednesday & Thursday Jan 26 & Jan 27
9:30 - 12:30

Fee: \$55 2 sessions Oasis

Brushstrokes & Horizons: Pastel Landscapes Workshop 102

See description and bio in class #101

Monday & Tuesday Apr 4 & Apr 5
9:30 - 12:30

Fee: \$55 2 sessions Oasis

Introduction to Metalsmithing: Art Workshop at Meltdown Studio 103

Margie Weinstein

Back by popular demand! Join us for a hands-on introduction to metalsmithing at the fully equipped Meltdown Studio in Albuquerque. In this four-hour workshop, learn techniques including 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 **Mar 23** **10:00 - 2:00**
Fee: \$100  **Meltdown Studio**

CURRENT EVENTS

No, It's STILL Not News! 104

Arthur Alpert

Back by popular demand! 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, Matt Grubs at KOB-TV, and Megan Kamerick at KUNM, as they discuss what's happened to network 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 (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.

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

Gas Ballooning

105

Peter Cuneo, Barbara Fricke




Gas balloonists, Peter Cuneo & Barbara Fricke. Photo courtesy of Peter Cuneo.

Gas ballooning resembles flying airplanes more closely than it does hot-air ballooning. Gas ballooning was the prevalent form of aviation for more than 100 years during the 19th century and into the early 20th century.

Learn aspects of long-distance competitive gas ballooning in contrast to other forms of aviation, including airplane and hot-air ballooning. Balloon pilots Peter Cuneo and Barbara Fricke cover some of the history and highlights of the modern Coupe Aeronautique Gordon Bennett and America's Challenge competitions.

Peter Cuneo has been a hot-air balloon pilot since 1989 and gained his gas balloon rating in 1995. He has more than 2,300 hours of pilot time, including flights in 14 countries. Barbara Fricke started crewing in 1982 before becoming a pilot herself. She and Cuneo have owned a hot air balloon since 1988. Peter Cuneo and Barbara Fricke have won the America's Challenge Gas Balloon race four times.

Wednesday **Feb 23** **12:30 - 2:00**
Fee: \$10  **Oasis**

Dublin in the 21st Century 106

Maya Sutton

Dubh-Linn, founded by Vikings in 841, is now in a precarious position. Since Britain withdrew from the European Union in 2020, the Republic of Ireland - an EU member - provides the closest border for EU trade. Many fear a return of a militarized "hard border." Some international corporate headquarters have moved from London to Dublin, to be in an English-speaking, European

Union country. Yet Dublin has little living space for sale or rent. Come take the pulse of modern Dublin.

Maya Magee Sutton graduated from Georgetown University's School of Foreign Service, triggering her desire to travel and engage with other cultures. Sutton received her PhD from UNM and has dual citizenship with the US and the Republic of Ireland. She has explored all parts of Dublin and Ireland. Sutton was brought up in a mix of US-born parents plus Irish-born relatives.

Monday **Mar 7** **12:30 - 2:00**
Fee: \$10 

The Supreme Court's "Shadow Docket" *Andrew Schultz* **107**




In recent years, the US Supreme Court has increasingly relied on a truncated procedure, often referred to as a "shadow docket." This process skips many

of the normal steps used by the Court to issue a final opinion and lacks the transparency and disclosure of the Court's typical docket. Andrew Schultz explains this emerging mechanism used by the Supreme Court that has produced dispositive rulings on matters related to immigration, COVID-19 and evictions and, most recently, abortion.

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

is listed among the Top 25 Lawyers in New Mexico as compiled by Southwest Super Lawyers.

Monday **Mar 14** **12:30 - 2:00**
Fee: \$10 

The Supreme Court's "Shadow Docket" **ZOOM** **108**

See description and bio in class #107

Monday **Mar 14** **12:30 - 2:00**
Fee: \$10 

What's the Plan? Building a 21st Century Economy for New Mexico **109**

Dale Dekker

New Mexico is at a crossroads. How much longer can our state depend on oil and gas revenues to fund the needs of our state's citizens? It is time that our state seriously look at how to diversify our economy, create new types of jobs and revenue sources, in order to thrive in the next normal. Dale Dekker reviews these pressing issues and provides some insights.

Dale Dekker, AIA, AICP, is a founder and principal of Dekker/Perich/Sabatini, a local architecture and design firm employing over 170 people. He has extensive experience in architecture and planning projects that are socially, economically, and environmentally sustainable. Dekker is currently leading the 2065 Plan, a local effort which takes a long-range look at what our city and region might look like in the year 2065.

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

FILM & TELEVISION

The Golden Age of Hollywood ZOOM

110

Brian Rose

This presentation examines the forces that made Hollywood the giant of global filmmaking and the special nature of its achievements during its Golden Age, including discussions of studio politics and economics, the star system, and the nature of the moviegoing experience. Rose analyzes why this period was so short-lived and Hollywood's desperate attempts to recapture its faded glory.

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.

Thursday Jan 20 10:00 - 11:15
Fee: \$10  Zoom

See also: Music from Hollywood: Golden Age Film Scores ZOOM with Jane Ellen (class #178).

Bob and Ray: Legendary American Humorists ZOOM


111

Jane Ellen

The names Bob Elliott (1923-2016) and Ray Goulding (1922-90) may not sound familiar, but if shortened to Bob and Ray those names should jog the memories of comedy fans everywhere. For nearly 45 years, Bob and Ray entertained millions of radio listeners and television viewers. The duo practiced a gentle, quirky brand of comedy that relied not on one-liners but on a generally

deadpan delivery in faux interviews or soap opera episodes that relentlessly skewered seriousness.

Jane Ellen passionately shares her eclectic interests via the marvels of the internet from her home in Central Florida's Space Coast. Specializing in all aspects of music and entertainment history, she strives to bring her subjects to life while 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.

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

Hedy Lamarr: Electronic Technology Pioneer ZOOM

112

Jane Ellen

Hedy Lamarr (1914-2000) was billed by Louis B. Mayer as "the world's most beautiful woman," but there was far more to this remarkable woman than MGM's sexist billing would have you believe. Lamarr appeared in 30 films across a 28-year career in Europe and the United States; more importantly she was a gifted inventor who advised Howard Hughes on airplane design and pioneered the technology that forms the basis for today's WiFi, GPS, and Bluetooth communication systems.

See bio in class #111

Thursday Apr 7 2:30 - 4:30
Fee: \$10  Zoom

FOOD

Jaramillo Vineyards: Field Trip 113

Barbara and Robert Jaramillo



*Start with the grapes
and end with wine.*

Travel south to Belen to visit a well-kept secret, Jaramillo Vineyards. Start your tour with Robert and Barb Jaramillo at their ten-acre vineyard, with more than 10,000

plants and 15 types of grapes. Then drive six miles to their tasting room, located in the historic 1909 Central Hotel in downtown Belen. (Driving instructions provided at the vineyard.) Here you have the opportunity to taste six different wines and sample light appetizers while you learn more about the winery's history and background. *Limited enrollment.*

Robert Jaramillo became an airline pilot after a stint in the Navy; he enjoyed some of the best wines of the world while traveling. He and his wife Barbara began growing grapes in New Mexico, following in the footsteps of his grandfather, Leopoldo Jaramillo, the largest wine producer in the Middle Rio Grande Valley prior to prohibition, and his father Salo, who grew grapes and made wine. The current ten-acre vineyard was all planted with the help of friends and family.

Wednesday **Apr 13** **10:00 - 1:00**
Fee: \$25  **Jaramillo Vineyards**


HEALTH & FITNESS: LECTURES

Choosing the Best Oasis Movement Class ZOOM 114

Tracy Zerkle

Oasis offers many unique movement courses. It can be difficult to decide which is best suited to your needs. A panel of qualified exercise instructors will discuss the differences in each course offered this trimester. Learn how course components improve balance and reduce your risk of falls, and see demonstration of key movements from the classes. The discussion includes an interactive "exercise barriers" brainstorm designed to help you discover what stands in your way and a few tips to overcome those barriers.

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

Wednesday **Jan 12** **10:00 - 11:30**
Fee: Free  **Zoom**

Building Resiliency in a Modern World 115

Jaye Odom

Building resilience in a world driven by technology, ever changing social landscapes, and generational expectations can prove to be very exhausting. Odom explores ways to help guide practices on resiliency during our current challenging world climate. Join a discussion on how resiliency is a

skill that can be developed rather than a trait you were born with. Learn what resiliency means and how that term evolves and changes.

Jaye Odom, PsyD, was born and raised in Albuquerque. She graduated from the University of Kentucky and received her Doctor of Psychology from Rutgers University. She is passionate about providing access to healthcare for the underserved in a variety of settings.

Thursday Mar 24 10:00 - 11:30
Fee: \$10  **Oasis**

Adopting Healthy Behaviors: Kindness Begins Here! ZOOM 116

Linda Mockeridge

Kindness starts with ourselves. If we are not caring for ourselves, we won't be around for our family and friends. This class gives you opportunities to learn how to care for yourself. Together, we go through a tool box of strategies to see what you need to gently and kindly take care of yourself and live each day in good physical and mental health. Take what you need and leave the rest in the tool box for later.

Linda Mockeridge is a clinical social worker (psychotherapist) in private practice. She has worked with juvenile offenders, Texas inmates, fellow social workers, religious gatherings, conferences, and public forums on self-care as a path to change. Currently, she serves as a senior teacher at the Shambhala Meditation Center of San Antonio and as an instructor at San Antonio Oasis.

Friday Jan 21 10:00 - 11:30
Fee: \$10  **Zoom**

Hands-Only CPR & AED Use with Resuscitation Rangers 117

Megan Oblack



Practice CPR and AED.

Do you know the signs and symptoms of a heart attack? Could you help someone if they were having one? 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 Jan 26 12:30 - 2:00
Fee: \$5  **Oasis**

Hands-Only CPR & AED Use with Resuscitation Rangers 118

See description and bio in class #117

Thursday Mar 10 10:00 - 11:30
Fee: \$5  **Oasis**

Effective Treatments for PTSD 119

Diane Castillo

Post Traumatic Stress Disorder (PTSD) has become popularized in the media, but less known are the scientific advances made in identifying effective

treatments. Two therapies—Prolonged Exposure (PE) therapy and Cognitive Processing Therapy (CPT)—have the strongest, evidence-based support for treating PTSD. This two-session class covers the content of therapies, with a brief review of PTSD symptoms, and types of trauma that cause it. Other treatments are also noted in this class.

Diane T. Castillo, PhD, is a psychologist and trainer/consultant in Prolonged Exposure (PE) therapy and group treatment for PTSD. Her PTSD expertise spans over 30 years as a clinician, researcher, educator, and administrator; and includes development of evidence-based assessments and treatments for veterans with PTSD.


Thursdays **Feb 3 & Feb 10** **10:00 - 11:30**
Fee: \$20 **2 sessions**  **Oasis**

Healing Anxiety 120

Gen Kelsang Chokyan

Anxiety is a feeling that comes from within our mind. But what causes this feeling? How can we control our mind if we don't understand what it is? By understanding our mind, we can begin to train in developing and maintaining a light, positive mind and thereby overcome feelings of anxiety, worry, and stress.

Gen Kelsang Chokyan is the resident teacher at Kadampa Meditation Center in Albuquerque. He has been practicing meditation and modern Buddhism for 19 years and is a role model for how to practice Kadampa Buddhism in the modern world. His sincere teachings are presented with humor and warmth, showing us how to find peace and happiness in our daily lives.


Wednesday **Feb 16** **12:30 - 2:00**
Fee: \$10  **Oasis**

End-of-Life Options in New Mexico: What You Need to Know About Medical Aid in Dying 121

Janice Wilson

End-of-life options in New Mexico include a wide range of choices now, from continuing with a variety of treatments, to a conscious decision to find a peaceful death, including medical aid in dying. This presentation discusses all of them with an emphasis on important aspects of the Elizabeth Whitefield End-of-Life Options Act passed in the 2021 state legislative session.

Jan Wilson has volunteered with Compassion & Choices for 10 years, making presentations about advance healthcare planning and directives. Since the passage of the Elizabeth Whitefield End-of-Life Options Act, she has co-chaired the Public Outreach and Education Committee of the newly formed End-of-Life Options NM organization to bring information about medical aid in dying as well as other end-of-life choices to fellow New Mexicans.

Monday **Feb 28** **12:30 - 2:00**
Fee: \$10  **Oasis**

COVID-19 and the Next Pandemic 122

Bruce Mann

Bruce Mann, MD, reviews the current state of the COVID-19 pandemic, precautions you may consider, and thoughts about how to follow the data that is not readily available to the general public. He looks at COVID-19 in the larger context of pandemics, and what other 'bugs' are out there that want to do us harm.

Bruce A. Mann, MD, FACP, is a board certified Internist with previous experience as a UNM researcher in the areas of medicine, nutrition, and epidemiology. His focus is on explaining complex

medical topics in easy-to-understand ways, and he has presented several topics to Oasis audiences in the past.

Thursday Apr 7 10:00 - 11:30
 Fee: \$10 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 123

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 we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *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 has a BA in human and community services and is an

ACSM certified personal trainer, an ACE certified group instructor, a health coach, and a senior fitness specialist. She is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mondays & Wednesdays Jan 17 - Mar 9
 9:00 - 10:00
 Fee: Free 16 sessions Oasis

Tai Ji Quan: Moving for Better Balance ZOOM 124

See description and bio in class #123

Mondays & Wednesdays Jan 17- Mar 9
 9:00 - 10:00
 Fee: Free 16 sessions Zoom

Qigong: Taoist Water Method 125

Marcia Pincus




Qigong healing pose.

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

emphasizes softness and specific body movements to increase the qi flows within the body and to age gracefully. Learn basic qigong movements to increase qi flow and the circulation of fluids in the body, including around the joints. *Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 35 years. Her practices have included kung fu, tai chi, qigong, and bagua. For the last decade, she has practiced and taught the Qigong Taoist Water Method. She has taught qigong for the City of Albuquerque and the Chinese Culture Center. She is a certified Energy Arts instructor,

and she holds degrees in geology and engineering with a specialty in environmental engineering.


Tuesdays **Jan 18 - Feb 15** **1:00 - 2:00**
Fee: \$40 **5 sessions**  **Oasis**

Tai Chi for Health, Part 1 ZOOM 126

Ilene Dunn

Are you interested in improving your balance and/or reducing joint pain through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class has been shown to ease joint pain and improve balance. The class was developed by Dr. Paul Lam and is based on Sun style tai chi. Basic principles of tai chi are incorporated into the class to leave you feeling calm, relaxed, and well. *Limited enrollment.*

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.

Tues & Thurs **Jan 18 - Mar 10** **11:00 - 12:00**
Fee: Free **16 sessions**  **Zoom**


Tai Chi for Health, Part 2 ZOOM 127

Ilene Dunn

For those who have mastered the basic movements in Tai Chi for Health Part 1, this class is an opportunity to further enhance your practice by learning additional movements from the Sun Style 73 Form. As we learn the movements, we go deeper into the tai chi principles. Come expand your practice, keep the qi flowing, and

continue the health benefits. Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) basic forms. *Limited enrollment.*

See bio in class #126


Tues & Thurs **Mar 15 - Apr 28** **11:00 - 12:00**
Fee: \$56 **14 sessions**  **Zoom**

Better Living Through Movement ZOOM 128

Athena Valerio-Hirschfeld

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

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


Fridays **Jan 21 - Feb 11** **1:00 - 2:00**
Fee: \$32 **4 sessions**  **Zoom**

Tai Chi Chih, Part 1 ZOOM 129

Ellen Tatge

This gentle practice supports improved balance, increased energy, and stress reduction. Easy-to-learn movements relax the body, quiet the mind, and settle the emotions by circulating internal energy (chi). Benefits include better balance, flexibility, stamina, relaxation, and regulation of stress, blood pressure, and weight. This very simple practice helps one to maximize good health and experience life in a joyful, uncomplicated way -- one of the secrets of a good life. *Limited enrollment.*

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


Thursdays **Feb 3 - Mar 10** **9:00 - 10:00**
Fee: \$60 **6 sessions**  **Zoom**

Tai Chi Chih, Part 2 ZOOM 131

Ellen Tatge

For those who have completed the Part 1 class or have previous experience with Tai Chi Chih, this class focuses on the second half of the 19-movement set. As we work with these additional movements, students usually notice an increased sense of centering and balance. This is a class to help develop additional fluidity and ease with the movements, allowing us to experience greater joy in this practice. *Limited enrollment.*

See bio in class #129


Thursdays **Mar 17- Apr 7** **9:00 - 10:00**
Fee: \$40 **4 sessions**  **Zoom**

Guided Tai Chi Chih Practice 133

Ellen Tatge


For those who have completed Part 1 and Part 2 class or have previous experience with Tai Chi Chih, this guided-practice does not focus on teaching movements. We will move through the 19-movement set to attain centering and balance, and to experience greater joy in this practice. *Limited enrollment.*

See bio in class #129

Tuesdays **Mar 29- Apr 19** **9:00 - 10:00**
Fee: \$40 **4 sessions**  **Oasis**

Guided Tai Chi Chih Practice ZOOM 134

See description in class #133 and bio in class #129

Tuesdays **Mar 29 - Apr 19** **9:00 - 10:00**
Fee: \$40 **4 sessions**  **Zoom**

Yoga for Feet 135

Gloria Drayer




Give your feet a treat.


Your feet support you all day long, take a little time to return the favor! This class is great if you actually have any issues with your feet, but also ideal even if you simply

want to keep them healthy. Gloria has poses perfect for hammer toes, plantar fasciitis, bunions, and more; to help relieve pain and improve health. This class can be done standing or sitting. *No yoga mats needed, and no prior yoga experience necessary. Limited enrollment.*

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

Monday **Feb 7** **2:00 - 3:00**
Fee: \$10  **Oasis**

Yoga for Feet ZOOM **136**
See description and bio in class #135.

Monday **Feb 7** **2:00 - 3:00**
Fee: \$10  **Zoom**

Yoga for a Better Back **137**
Gloria Drayer

These two yoga sessions are for anyone who has or has had back pain. This is a gentle yoga practice using posture to strengthen and support your back. First session will be done standing and with chairs, second session will be on the floor. If you cannot get on the floor this posture can be done at home in a bed. A handout will be provided to help maintain a healthy practice at home to reduce and prevent back pain. *This is not suitable for those with severe, acute back pain. Limited enrollment.*

See bio in class #135

Mondays **Mar 7 - Mar 14** **2:00 - 4:00**
Fee: \$40 **2 sessions**  **Oasis**

Yoga for a Better Back ZOOM **138**
See description in class #137 and bio in class #135.

Mondays **Mar 7 - Mar 14** **2:00 - 4:00**
Fee: \$40 **2 sessions**  **Zoom**

Better Balance ZOOM **139**
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 #123

Mon & Wed **Feb 7 - Feb 16** **1:00 - 2:00**
Fee: \$20 **4 sessions**  **Zoom**

Better Balance ZOOM **140**
See description in class #139 and bio in class #123


Mon & Wed **Feb 28 - Mar 9** **1:00 - 2:00**
Fee: \$20 **4 sessions**  **Zoom**

Stretch & Relax **141**
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 #123

Fridays **Mar 18 - Apr 1** **9:00 - 10:00**
Fee: \$24 **3 sessions**  **Oasis**


HISTORY & CULTURE

The Century of Versailles, 1682-1789 **142**

Charles Steen

Louis XIV built Versailles as a refuge from Paris and moved there permanently in 1682. He rarely returned, but had the musicians and theater companies come to him. On his death, his heirs continued to exploit Paris for entertainment. The relationship between the court and the city became more strained until the outbreak of the Revolution. In 1789, the market women of Paris forced the king to return to Paris. The palace never recovered.

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

Wednesday **Jan 19** **12:30 - 2:00**
Fee: \$10  **Oasis**

The Era of Late Antiquity **143**

Matthew Barbour

Late Antiquity is a term used to characterize Europe, the Mediterranean, and Near East between the 3rd and 8th centuries AD. This era was a time of profound cultural, political, military, and religious change as old empires evolved and new ethnic groups emerged to reshape the historical narrative. Barbour provides a broad overview of the period, examining the decline of the Roman Empire and the rise of Islam.

Matthew Barbour holds BA and MA degrees in anthropology from UNM and works for the NM Department of Cultural Affairs. He is the regional manager for Coronado and Jemez Historic Sites. Under Barbour's management, Coronado Historic Site received an Award of Merit from the American Association for State and Local History and the Jemez Historic Site received the Archaeology Heritage Preservation Award. He has published more than 200 non-fiction articles and monographs.

Tuesday **Jan 25** **12:30 - 2:00**
Fee: \$10  **Oasis**

The First Cold War President: Harry S. Truman and US Foreign Relations **144**

Noel Pugach


Franklin D. Roosevelt's sudden death and the succession of Vice President Harry S. Truman stunned and worried the foreign policy establishment. Truman seemed provincial and lacked substantive experience. And yet, the former Missouri politician and senator performed superbly, thanks to his common sense, historical perspective, and able advisers. Truman responded to Europe's collapse, Soviet Union challenges, and China's Communist takeover. And then, what did it mean to be president at the onset of the Cold War?

Scandalous Women of the Old West - Women Who Dared to be Different 148

Donna Pedace

After researching over 150 women of the Old West, Donna chose ten amazing women to include in this presentation. These women led incredible lives, and many were nationally known during their lifetime, but they have slipped into the black hole of history and are little known today. The women chose very different paths, but each was successful in her own way. They were considered scandalous because they dared to step outside society's expected roles of wife and mother.

Donna Pedace is the past Executive Director of the Eugene O'Neill Theater and Museum in Connecticut and the Spanish Colonial Arts Society Museum in Santa Fe. She was also the National Director of Oasis, working with founder Marylen Mann to open and operate new Oasis centers back in the late 1980s and early 1990s.

Tuesday Feb 15 12:30 - 2:00
Fee: \$10  **Oasis**


George Washington: The Political Rise of America's Founding Father ZOOM 149

David Stewart

In a wide-ranging interview with David Stewart, author of *George Washington: The Political Rise of America's Founding Father*, learn how Washington became the most dominate force in the creation of the US. Washington's rise constitutes one of the greatest self-reinventions in history. Learn of Washington's life through his presidency. Stewart discusses the leadership lessons Washington used during the early years of the republic as he fought to unify the new nation.

After many years as a trial and appellate lawyer, David Stewart became a bestselling writer of

history and historical fiction. *The Wall Street Journal* called his *George Washington: The Political Rise of America's Founding Father*, "an outstanding biography," with writing that "is clear, often superlative." He has won the Washington Writing Award for best book, the History Prize of the Society of the Cincinnati, and the Prescott Award of the National Society of Colonial Dames of America.

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

Jewish Vilna: The Jerusalem of Lithuania 150

Michael Nutkiewicz

Vilna (Yiddish)/Vilnius (Lithuanian)/Wilno (Polish) was the most vibrant Jewish city in Europe before World War II. It was home to revolutionaries, secular Yiddish scholars, and rabbinic geniuses. The city was claimed by several nations and occupied by many armies. Jewish Vilna disappeared during the Holocaust but its contributions to Jewish scholarship, art, and literature remain with us. Find out why Vilna was called 'The Jerusalem of Lithuania.'

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

Thursday Mar 3 10:00 - 11:30
Fee: \$10  **Oasis**

Jewish Vilna: The Jerusalem of Lithuania ZOOM 151

See description and bio in class #150

Thursday Mar 3 10:00 - 11:30
Fee: \$10  Zoom

Juneteenth: The Destruction of Slavery ZOOM 152

Richard Bell

Over the course of four years, enslaved people worked to turn the Civil War into a freedom war. Slowly, they pushed President Abraham Lincoln and his commanders toward embracing emancipation as a war aim and to compel them to take steps forward needed to abolish slavery once and for all. On June 19, 1865, the federal government met that objective, declaring slavery dead in the state of Texas.

See bio in class #147

Wednesday Mar 9 10:00 - 11:30
Fee: \$10  Zoom


Hyderabad - A Forgotten Kingdom 153

Abbas Akhil

Hyderabad was a kingdom in south India that was ruled by the same dynasty for seven generations. It was annexed into the Republic of India in 1947-48. The royal court was by far richer than any of its contemporaries in Europe. The 500-year-old City/State has thrived and re-invented itself through the ages and still plays a dynamic role as a cyber technology hub for India. Abbas Akhil explores its history, architecture, and culture and its place in modern times.


Abbas Akhil was elected to the New Mexico House of Representatives in 2018 and served for one term. Akhil was born in Hyderabad, India, a plu-

ralistic society where Muslim and Hindu communities existed side-by-side for generations. After moving to the US, Akhil completed his Masters at NMSU and worked at the Public Service Company of New Mexico and Sandia National Laboratories.

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

Hyderabad - A Forgotten Kingdom ZOOM 154

See description and bio in class #153

Wednesday Mar 16 10:00 - 11:30
Fee: \$10  Zoom

Women and Music: An Historical Perspective 155

Karl Hinterbichler




Women have faced restrictions and road-blocks, especially in the world of classical (concert) music. There are numerous exam-

ples dating back centuries of women proscribed from performing music, refused admission to music conservatories, denied places in orchestras, and discouraged from composing music. As late as the end of the 20th century, some world class orchestras excluded women. In the conducting field this battle is still being played out, as women have yet to attain music director positions with elite orchestras.

Dr. Karl Hinterbichler holds degrees from the University of Michigan and University of 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,


Women and Music: An Historical Perspective ZOOM 156

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

Richard Field

Gilgamesh is a grand epic from the distant past in Mesopotamia. It has a message that speaks to all of humanity, and deals with universal and timeless themes like friendship, death, courage, civilization versus nature, and the hero quest. The echoes of Gilgamesh can be found in other epics, like Homer's Iliad and Odyssey, and this tale even has relevance for us today. *Note: Saturday date.*

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

Saturday	Mar 26	10:00 - 11:30
Fee: \$10		 Oasis

Timothy Graham




*Discover the treasures
unearthed from the
burial mound.*

'The Dig' (2021, starring Ralph Fiennes) told the gripping human story of the unearthing of the Sutton Hoo Ship-Burial in the summer of 1939. But the movie left much unsaid about


the extraordinary range of treasures excavated. Timothy Graham provides an in-depth, richly illustrated account of the greatest of all medieval archaeological discoveries and what it can tell us about the culture of seventh-century England, a society in process of transition from paganism to Christianity.

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.

Monday	Mar 28	12:30 - 2:00
Fee: \$10		 Oasis

The Sutton Hoo Ship-Burial ZOOM 159

See description and bio in class #158

Monday	Mar 28	12:30 - 2:00
Fee: \$10		 Zoom

Leiden and Rotterdam: Forming the Netherlands 160

Charles Steen

Leiden and Rotterdam are very different cities, but they represent the foundations of the Dutch Republic in the 16th century. Rotterdam became the vital port for the provinces around it and for the other European lands. It rivaled Amsterdam as a commercial and shipping center and became a vital port for emigration to the American colonies. Leiden turned to education, law and publishing, serving as an intellectual center for the new nation.

See bio in class #142

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

The Supreme Court and American Inequality 161

George Ovitt

This discussion focuses on the role played by the US Supreme Court in undercutting--virtually throughout its history--efforts to guarantee equality in voting rights, housing, legal protections, access to education, and other rights enshrined in the Constitution and the Bill of Rights. Our guide in this discussion is Adam Cohen's new book, *Supreme Inequality: The Supreme Court's Fifty-Year Battle for a More Unjust America*, a brilliant overview of the Court's role in undercutting American ideals of equal justice for all.

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

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

LITERATURE



Join a book group for some lively discussion.
See classes #162-165 for details.

Austin Book Group 162

Mary Bibeau

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Jan 11 – *Peace Like A River* by Leif Enger, Feb 8 - *The Rosie Project* by Graeme Simsion, Mar 8 – *The Vanishing Half* by Brit Bennett, and Apr 12 - *Great Expectations* by Charles Dickens. *Limited enrollment.*

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

Tuesdays Jan 11 - Apr 12 1:30 - 3:00
Fee: \$10 4 sessions Oasis

Summit Book Group 163

Merrie Courtright

The Summit Book Group meets on the third Tuesday of each month. Book selections are: Jan 18 - *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness* by Sy Montgomery, Feb 15 - *Istanbul Passage* by Joseph Kanon, Mar 15 - *The Vanishing Half* by Brit Bennett, and Apr 19 - *A Long Petal of the Sea* by Isabel Allende. *Limited enrollment.*

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

Tuesdays **Jan 18 - Apr 19** **11:00 - 12:30**
Fee: \$10 **4 sessions**  **Oasis**

Holmes Book Group **164**

Betty Whiton and Mary Tabor

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: January 18 - *The Only Woman in the Room* by Marie Benedict, February 15- *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman, March 15 - *Perestroika in Paris* by Jane Smiley, April 19 - *This is Happiness* by Niall Williams. *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 **Jan 18 - Apr 19** **1:00 - 2:30**
Fee: \$10 **4 sessions**  **Oasis**

West Mesa Book Group **165**

Linda Castagneri and Mary Herrmann Hughes

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: Jan 19 - *Susan, Linda, Nina & Cokie: The Extraordinary Story of the Founding Mothers of NPR* by Lisa Napoli, Feb 16 - *A Confederacy of Dunces* by John Kennedy Toole, Mar 16 - Any book by Mark Twain, Apr 20 - *How the Word is Passed: A Reckoning with the History of Slavery Across America* by Clint Smith. *Limited enrollment.*

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


Wednesdays **Jan 19 - Apr 20** **1:30 - 3:00**
Fee: \$10 **4 sessions**  **Oasis**

American Poetic Masterpiece: Gary Snyder's Mountains and Rivers Without End **166**

Tony Hunt

Filled with wisdom and love for the planet and all its beings, Gary Snyder's book-length poem, *Mountains and Rivers Without End*, was 40 years in the making. Anthony Hunt opens this presentation with an introductory overview of the poem and takes a closer look at a few individual sections. Hunt leads a class discussion of the poem's Buddhist philosophy and ritual, East Asian painting and theater, Native American storytelling, world mythology, archetype, legend, prehistory and history, geography and geology, biology, and ecology.

Anthony Hunt holds a PhD in English from UNM and taught for 30 years at the University of Puerto Rico in Mayagüez before retiring. He was a Senior Fulbright-Hays lecturer in American Literature at universities in Poland and Croatia. His publications include his own poems, scholarly essays, and his book on the poet Gary Snyder, *Genesis, Structure and Meaning in Gary Snyder's Mountains and Rivers Without End*.

Wednesday **Feb 2** **10:00 - 11:30**
Fee: \$10  **Oasis**

MUSIC


Singing the Show Tunes**167***Irma Reeder and Scott Hooker*

Irma Reeder & Scott Hooker lead the chorus in Singing the Show Tunes.

Do you enjoy singing? Come join the fun! In addition to singing and socializing, these classes include learning vocal technique, gentle relaxation exercises, basic music theory, and musical history. As well as singing our group songs, members are encouraged to strut their stuff and sing their favorites with

solos, duets, ensembles! We hope to take the show on the road for a few end-of-term concerts to be determined and a grand finale at Oasis. Participants are not required to read music or have previous musical experience to join us. *No class March 8.*

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 Jan 18 - Apr 19 **10:15 - 11:45**
Fee: \$65 **13 sessions** 

Garth Brooks: #1 Selling Artist in US History ZOOM **168**
Jane Ellen

Singer-songwriter Garth Brooks (1962-) has achieved phenomenal success in both country and mainstream pop arenas by fusing elements

of honky-tonk, country, and rock, with massive lighting and special effect arena shows, effectively rebooting country music to a massive new audience in the 1990s. His record and ticket sales have broken previous country genre expectations. In 2020, at the age of 58, he became the youngest recipient of the Library of Congress Gershwin Prize for Popular Song.

See bio in class #111

Tuesday Jan 18 **2:30 - 4:30**
Fee: \$10  **Zoom**

It's Her Party: Lesley Gore ZOOM **169**
Jane Ellen

At the age of 16, Lesley Gore (1946-2015) scored a number one single with the angst-laden teenage pop hit "It's My Party." After recording a string of top 40 hits including "It's Judy's Turn to Cry," she

turned to acting, eventually becoming a television personality, successful songwriter, and LGBT activist. The song "Out Here on My Own," co-written with brother Michael Gore for the award-winning film *Fame* (1980) was nominated for an Academy Award.

See bio in class #111

Friday Jan 21 **12:30 - 2:30**
Fee: \$10  **Zoom**

The Lark Ascending: Ralph Vaughan Williams ZOOM 170

Jane Ellen

Ralph Vaughan Williams (1872-1958) practically rewrote the English hymnal and was one of the first composers to venture into the countryside to collect folk songs in order to preserve them for future generations. Despite his traumatic experiences during World War I, he went on to write evocative music of remarkable beauty. His prodigious output throughout a career spanning more than 60 years includes operas, ballets, chamber music, film scores, and nine symphonies.

See bio in class #111

Monday Jan 24 10:00 - 12:00
Fee: \$10  Zoom

The Great Music Steal: Classical Becomes Pop ZOOM 171

Jane Ellen

Music listeners have been saturated with classical or serious music since childhood through film and television shows, radio jingles, and even popular songs; often without recognizing its roots. This class provides examples of how serious music has inspired pop music, especially in the 1930s through the 1950s. You might discover that you know a lot more about classical music than you think.

See bio in class #111

Wednesday Jan 26 10:00 - 12:00
Fee: \$10  Zoom


Josephine Baker: The Black Pearl ZOOM 172

Jane Ellen

Unable to find success in America's white entertainment industry, Josephine Baker (1906-

75) became a national treasure in her adopted homeland of France. She eventually achieved international fame as a singer, dancer, and film actress. She also worked for the French Resistance during World War II, fought racism by adopting a multi-ethnic "Rainbow Tribe" of 12 children, and stood by the side of Martin Luther King, Jr. during the 1963 March on Washington.

See bio in class #111


Tuesday Feb 1 12:30 - 2:30
Fee: \$10  Zoom

James Brown: Godfather of Soul ZOOM 173

Jane Ellen

James Brown (1933-2006), often referred to as either Mr. Dynamite or Godfather of Soul, influenced the development of several genres of music during his 50+ year career. With solid musical roots in gospel and rhythm and blues, he was a major influence in the development of funk music and well known for his songs containing social commentary. Led Zeppelin guitarist Jimmy Page referred to him as "a musical genre in his own right."

See bio in class #111

Monday Feb 7 10:00 - 12:00
Fee: \$10  Zoom

Songs in the Key of Life: Stevie Wonder ZOOM 174


Jane Ellen



Singer, songwriter, and producer Stevie Wonder (1950-) has sold over 100 million records worldwide. Beginning his career

as a child prodigy, signed to Motown at the age of 11, Little Stevie developed into a gifted multi-keyboardist responsible for releasing popular albums. Credited as a pioneer with influence in multiple genres of music, he has received numerous awards including being named a United Nations Messenger of Peace.

See bio in class #111


Friday Feb 18 10:00 - 12:00
Fee: \$10  **Zoom**

Sister Rosetta Tharpe: Godmother of Rock and Roll ZOOM 175

Jane Ellen

Sister Rosetta Tharpe (1915-73) gained popularity in the 1930s and 40s with gospel recordings on which she accompanied herself by playing electric guitar. She was the first great recording star of gospel music, a pioneer in the use of distortion on electric guitar, a precursor to the electric blues movement, and a significant influence on early rock and roll artists including Little Richard, Chuck Berry, Elvis Presley, and Jerry Lee Lewis.

See bio in class #111

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


Stormy Weather: The Life and Times of Lena Horne ZOOM 176

Jane Ellen

Legendary entertainer Lena Horne (1917-2010) was not merely a singer, but also an actress and civil rights activist. From Harlem's Cotton Club to Charlie Barnet's orchestra to MGM's Cabin in the Sky, to her work for both the USO and the civil rights movement, Horne became a prominent force in American entertainment until she found herself blacklisted in the 1950s during the Red

Scare. Nevertheless, her career spanned seven decades on stage, screen, and television.

See bio in class #111

Monday Feb 28 10:00 - 12:00
Fee: \$10  **Zoom**

Americana Singer-Songwriter Nanci Griffith ZOOM 177

Jane Ellen

Singer-songwriter Nanci Griffith (1953-2021) described her music as "folkabilly" in a career which took her from indie folk, to country, to pop, and back to the new industry label for folk, known as Americana. Her sudden death at the age of 68 shocked peers as well as music fans everywhere. In the aftermath of her unexpected passing, it is not inconceivable that she will be hailed as one of the most important folk music artists of her generation.

See bio in class #111

Wednesday Mar 2 10:00 - 12:00
Fee: \$10  **Zoom**

Music from Hollywood: Golden Age Film Scores ZOOM 178

Jane Ellen


This first class in a series exploring classic film scores concentrates on the film music from the 1930-1950's. This is a unique period in the history of film scoring, beginning with Max Steiner, who is regarded as the father of film music for his groundbreaking 1933 score for *King Kong*. Major film composers of the era are covered including Erich Korngold, Alfred Newman, Bernard Herrmann, Miklos Rosza, and Richard Addinsell.

See bio in class #111

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

"Proud Mary," and "Down on the Corner," hit songs which appeared after further name changes to Creedence Clearwater Revival, and then CCR. Many critics attribute the group's phenomenal success to John Fogerty's vocals and songwriting skills, but the inclusion of songs about social and political issues, and a swamp and bayou-tinged brand of rock, would today earn them a label as "Americana."

See bio in class #111

Wednesday **Apr 20** **10:00 - 12:00**
Fee: \$10  **Zoom**


PERFORMING ARTS

Debussy's *Pelléas et Mélisande* **184**

Julius Kaplan

Debussy's *Pelléas et Mélisande* (1902) is one of the most important works in the early 20th century, a harbinger of subsequent milestones in the history of opera. Strongly reacting to Wagner's influence and deeply involved in the Symbolist movement in art and literature, Debussy creates a timeless, quiet, subtle and dreamlike version of the typical operatic love triangle story. This masterpiece will be Opera Southwest's spring production.

Julius Kaplan is a lifelong opera fanatic who was on the board of Opera Southwest for 14 years. An art historian by profession (PhD, Columbia University), he attended operatic performances whenever the opportunity arose. A great believer in experiencing live performances, he became an opera educator in order to share his enthusiasm for this deeply moving art form.

Wednesday **Feb 23** **10:00 - 11:30**
Fee: \$10  **Oasis**

Friday Performances

Medieval and Traditional Ballads: Friday Performance **185**


Johanna Hongell-Darsee, Scott Darsee



Johanna Hongell-Darsee, Scott Darsee share traditional ballads. Photo courtesy of Johanna Hongell-Darsee.

Stories and song have been linked since time immemorial. This performance brings a program of myth, lyricism and mystery through historical musical variants and their narratives that connect cultures.

Scott Darsee and Johanna Hongell-Darsee perform early traditional Scandinavian/Celtic ballads and tales using both modern and traditional instruments in unique and original arrangements. Their wanderings have led them from Iowa and Finland exploring the links between Scandinavian, Celtic, European, North American, and Asian singing traditions. Their recordings have been nominated for Best Vocal Performance by the New Mexico Music Awards (2014, 2016, 2020), and have been included in many compilations.

Friday **Feb 11** **2:00 - 3:30**
Fee: \$12  **Oasis**

Bobcats Quartet - Music Of The Swing Era: Friday Performance

186

Bob Gusch




The Bobcats Photo courtesy of Roger Baker.

Swing and sway but not with Sammy Kaye. Bobcats will be doing the swinging as this New Mexico award-winning ensemble plays the hits of the

swing era. Dan Dowling on guitar and vocal, Bob Gusch on woodwinds featuring the clarinet, John Griffin on bass, and Roger Shirley on drums explore the music from the 1920s to present with an emphasis on swing. Get ready to tap your toes.

Bob Gusch is a mainstay of the Albuquerque music scene and a New Mexico Music award winner with his Bobcats band for best jazz CD, *Music For The Sole*. A retired educator, Bob can be heard playing around the area with his bands, Saudade, Flambeaux, and Bobcats.

Friday **Mar 25** **2:00 - 3:30**
Fee: \$12  **Oasis**

Honky Tonk Singalong & Pizza with Banjos Etc.: Friday Performance

187

Dick Neuman

Join Oasis and Banjos Etc. for a fun Friday concert and singalong at the German American Club, located east of Oasis on Menaul. Remember the good old days when you went to your local pizza parlor and sang along with the banjos and honky-tonk piano? For this event, the Banjos Etc. group recreates




Join Banjos Etc. for a fun singalong.

that same kind of environment as you enjoy pizza, song, and the opportunity to 'cut a rug.' This is your chance to relive those carefree days of old in the funky atmosphere of the German

American Club! *Note: You may purchase liquid refreshments from their bar if you so desire.*

Five members of Banjos Etc. provide the music, including tenor Bill Cochrell, Dick Neuman and Wayne Shrubsall on banjo, Vickye Blatherwick on honky tonk piano, and Mark Weaver on tuba. These musicians all belong to the Rio Grande Jazz Society.

Friday **Apr 8** **2:00 - 3:30**
Fee: \$16  **Edelweiss German Am Club**


Oasis Entertainers: Friday Performance

188

Irma Reeder, Scott Hooker

Every trimester enthusiastic singers enroll in the 'Singing the Show Tunes' class. At the end of a fun and challenging time of rehearsal, they are pleased and excited to present an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit community of musicians performs music from stage and screen. All are invited to attend the latest semester's musical adventure!

See bio in class #167

Friday **Apr 22** **2:00 - 3:00**
Fee: \$10  **Oasis**

PERSONAL ENRICHMENT

A Beginner's Guide to Cruising 189

Todd Griffin

Learn how to find, book, and enjoy the perfect cruise. Everything the beginner needs to know, including ships, cruise lines, itineraries, costs, shopping, booking, preparing, packing, and the onboard experience. The focus is on ocean cruising, though many of the techniques discussed are also applicable to river or expedition cruises. This class is designed for the novice cruiser; however, more experienced cruisers may glean a tip or two as well. There will be time for questions following the presentation.

Todd Griffin retired from a 33-year career in the aerospace business in California, where he managed projects, relationships, and organizations. He now spends his time exercising, traveling, walking, reading, and volunteering. Griffin has taken approximately 25 cruises.

Monday Jan 24 **12:30 - 2:00**
Fee: \$10  **Oasis**

How to Haiku: What Teachers Never Taught You 190

Scott Wiggerman

Back by popular demand! 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 Anthology* of English-Language Haiku. He also co-edits the haiku anthologies for Open Space's annual Poets' Picnic.

Mondays Feb 7- Feb 14 **10:00 - 11:30**
Fee: \$20 **2 sessions**  **Oasis**

Haiku Revision 191

Scott Wiggerman

With so few words, so few syllables, you might think haiku don't require revision--but they do. Getting those words drafted is only the first step! Think of Coleridge's famous phrase defining poetry: 'the best words in the best order.' With haiku, every word counts, and the order of the words and lines can make a huge difference. In this class, we look at examples of just how important 'the best words in the best order' can be, how small changes can have great significance! We explore numerous approaches to revising haiku, turning them from okay to good--even to great. *Limited enrollment.*

See bio in class #190

Mondays Feb 28 - Mar 7 **10:00 - 11:30**
Fee: \$20 **2 sessions**  **Oasis**

Self-Exploration Through Creativity 192

Deborah Good



Discover yourself through art.

This presentation and workshop teaches art techniques and experiences that guide the participants through ways to use creativity as a means of self-ex-

ploration. Learn how to use contour drawing and journaling to uncover your true self, increase your imagination, and incorporate creative skills into your daily life. No art experience is necessary. Participants are encouraged to bring art materials, a small hand mirror, pencil, and drawing pad of paper. *Limited enrollment.*

Deborah Good has a master's degree in art therapy and a doctorate in counseling from UNM. She is a mental health clinical supervisor, clinician, educator, and international presenter. Her work in the field of mental health spans 45 years. She is the past president of the American Art Therapy Association, the Art Therapy Credentials Board, and New Mexico Art Therapy Association. She is currently the president of the Albuquerque Museum Foundation.

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


Free Write: A Creative Writing Workshop 193

Irene Newlon

Back by popular demand! 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 Newlon 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 **Mar 22 & Mar 29** **10:00 - 12:00**
Fee: \$18 **2 sessions**  **Oasis**

Tending the Inner Life of Our Dreams 194

Thom Allena



Learn how to increase your dream recall.

Back by popular demand! One of the ways of making meaning of our lives during these uncertain times is through the "dream-time." 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? We work with a group approach called "projective dreaming." We explore simple approaches to increase dream recall. *No prior dreamwork experience is required. Bring a journal or notebook for reflective writing or image sketching. Limited enrollment.*

Thom Allena, PhD, is a depth psychologist who has worked as a coach and consultant with individuals, groups, communities, and organizations for nearly forty years to support personal awareness, growth and healing, community building, community change, and organizational transformation. Thom's work has been used by universities, school

and justice systems, athletic teams, psychology institutes, non-profit agencies, and communities.


Wednesdays **Mar 23- Apr 13** **10:00 - 12:00**
Fee: \$30 **4 sessions**  **Oasis**

Living a Soulful Life: Finding What Matters Most **195**

Thom Allena

In ancient times there was a place known as Convivium to gather and explore the life of the soul. Drawing from fields of psychology, mythology, alchemy, and poetic traditions, this four-part series offers in-depth practices in honoring the life of the soul in modern times. Topics covered may include: The Geography of Soul; Dream Images and the Symbolic; and Anima Mundi: Soul of the World. *Limited Enrollment.*

See bio in class #194

Wednesdays **Mar 23 - Apr 13** **1:30 - 3:30**
Fee: \$30 **4 sessions**  **Oasis**


What They Said - Quotations that Impact Our Lives **196**

John Kennedy

People reveal their character and values with words. A collector of quotes since 1962, John Kennedy shares his favorites and most impactful in this presentation. The first quote that impacted Kennedy's life was George Bernard Shaw's "People always blame their situations in life on circumstances. Those that get ahead in life, create their own circumstances." Kennedy decided to create his own circumstances. Learn which quotes might impact your destiny.

John Kennedy is a native New Mexican, raised in Gallup. His grandfather built the Navajo trading post in Salina Springs in 1912. At the age of nine,

he began traveling and trading with his father. For 28 years, he was the major supplier of Native American crafts in the national park system. He is also the author of five nonfiction books.

Monday **Apr 4** **10:00 - 11:30**
Fee: \$10  **Oasis**


PHILOSOPHY, RELIGION & SPIRITUALITY

Two Great English Mystics: Richard Rolle and The Cloud of Unknowing **197**

Christopher Zugger

The mystical tradition of Europe flourished in medieval England. Rolle's books and *The Cloud of Unknowing* (author unknown) still influence western Christian spiritual life. After learning about their world and Church, discover the deep, passionate love for God that these works can teach us and help lead us closer to Him. These works were designed to lead souls into a deeper connection with the Lord. The goal is to constantly draw nearer to Jesus Christ, and into the life of the Holy Trinity, so as to be truly pierced by His love.


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

Thursday **Feb 17** **10:00 - 11:30**
Fee: \$10  **Our Lady Of Perpetual Help**

Who was Jesus? A Conversation between Rev. Frank Yates and Rabbi Harry Rosenfeld 198

This conversation between two friends, Rabbi Harry Rosenfeld and Rev. Frank Yates, explores the meaning of Jesus for the Jewish and Christian traditions. Part of our conversation is responding to the book *Jesus the Jew: A Historian's Reading of the Gospels* by Géza Vermes, a noted Jewish scholar who focuses on the historical Jesus. This conversation hopefully can help all participants understand how Jesus both unites and divides the Jewish and Christian traditions. This conversation is to further inter-faith dialogue and cooperation.

Rev. Dr. Frank Yates is the Parish Associate at First Presbyterian Church. Frank has served as a pastor for 46 years and now teaches at UNM, St. Norbert College and Lewis University. Harry Rosenfeld is Rabbi Emeritus at Congregation Albert. He was an adjunct professor at SUNY Buffalo, Canisius College, and Alaska Pacific University.

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


Heloise and Abelard: A Twelfth Century Love Story 199

Frank Yates

Abelard was a famous philosopher/theologian at the University of Paris in the 12th century. One of his students was Heloise. Their relationship developed into a romance that was strictly forbidden and thus there were tragic consequences. This lecture looks at the lives and work of these amazing human beings and considers the meaning of faith and love in a tragic situation. Recommended but

not required reading: *The Letters of Abelard and Heloise* (in various translations).

See bio in class #198


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

The Pursuit of Wisdom 200

George Leone

As one embarks upon the pursuit of wisdom it is necessary to acknowledge the traditional paths to achievement. George Leone brings to light the major understandings of wisdom and explores the basic differences between the two ways that lead to it. The outcome of each path, philosophy and religion, leads to the same goal, but affects the seeker in different ways. The two ways are divergent but in the end reveal the same wisdom.

George Leone has an undergraduate degree in philosophy and received his PhD in counseling from St. Louis University. He taught graduate counseling courses at UNM, UTEP, and NM Highlands University for 25 years. Leone has a lifelong involvement with philosophy, and has gradually developed an understanding of this unique path to wisdom. His understanding of philosophy is that it is a path to wisdom, as the Greek meaning of philosophy is 'Love of Wisdom.'

Thursday **Apr 14** **2:30 - 4:00**
Fee: \$10  **Oasis**

SCIENCE, MATH, & NATURE

They Did WHAT??

201

David Crossley

The advancement of science, invention, and discovery has often been pushed ahead by lone wolves who were willing to attempt impossible, outrageous, or dangerous tasks. Learn about mathematicians who devoted decades to mind-numbing calculations of a single problem. Learn how individuals started with 10 tons of pitchblende to extract one milligram of radium by hand. Marvel at individuals who said "I'll just test my new vaccine by injecting myself with the disease." Crossley presents some jaw-dropping examples of successes and failures by those who dared.

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

Thursday

Jan 13

10:00 - 11:30

Fee: \$10

 Oasis

They Did WHAT?? ZOOM

202

See description and bio in class #201

Thursday

Jan 13

10:00 - 11:30

Fee: \$10

 Zoom

See also: Heddy Lamarr: Electronic Technology Pioneer ZOOM with Jane Ellen (class #112).

Eat or Be Eaten: Predator Prey Dynamics ZOOM

203

Daryl Ratajczak



Some predators look cute and cuddly.

Life typically dwells on certain planes. You either spend your time eating plant life or you spend your time eating each other. Neither way is right or wrong; it's just life! In

this class take a virtual walk through nature and take a look at those trophic relationships. It may surprise you. Some of the critters you typically view as cute and cuddly are the most voracious predator species while other large and seemingly foreboding animals are fairly harmless.

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.

Friday

Jan 14

10:00 - 11:30

Fee: \$10

 Zoom

Penguin PLUS Field Trip

204

Lane Kirkpatrick


Lane Kirkpatrick, BioPark Zoo docent, leads a tour of the large Penguin Chill exhibit at the ABQ BioPark Zoo. The exhibit features three species of penguins. Kirkpatrick starts with highlights of wildlife and early indigenous people in Patagonia and Tierra del Fuego. Learn about penguin adaptations, natural history, and the building they are

housed in. The tour concludes with the Ernest Shackleton story, an amazing and ill-fated story of Antarctic survival. Class fee includes zoo admission. *Limited enrollment.*


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

Tuesday Jan 25 9:30 - 11:30
Fee: \$18  **Albuquerque Zoo**

Penguin PLUS Field Trip 205
See description and bio in class #204


Wednesday Feb 2 9:30 - 11:30
Fee: \$18  **Albuquerque Zoo**

Penguin PLUS Field Trip 206
See description and bio in class #204

Thursday Feb 10 9:30 - 11:30
Fee: \$18  **Albuquerque Zoo**

Twelve Great Physicists 207
 Len Duda
 Physicists have made important contributions to science especially in modern times. We look at the scientific work and lives of twelve physicists who have made significant breakthrough contributions in science. Topics such as gravity, relativity, and quantum mechanics are reviewed through the lives of these scientists. Featured physicists reviewed include Newton, Faraday, Einstein, Curie, Wheeler, and Feynman.

Leonard Duda, PhD, retired from Sandia National Laboratories after 37 years. He has been involved with volunteer science education activities including the Science Olympiad, regional and state science fairs, and the Explora Science Center. He was Grand Awards judge co-chair at the Intel International Science and Engineering Fair.

Monday Jan 31 10:00 - 11:30
Fee: \$10  **Oasis**

Bugs, Bugs, Bugs!: BioPark BUGarium Tour 208



Beneficial bugs.

Bugs can't be ignored. Eight of 10 animals on earth are arthropods, and we can't live without them. They pollinate flowers, feed other animals, eat

dead things, and play other important roles in the ecosystem. Enjoy a docent-led tour of the BUGarium to discover the fascinating lives of bugs. See the naturalistic habitats and the unseen wonders of different insects and other arthropod species from around the world. *Class fee includes admission. Limited enrollment.*

Monday Feb 7 2:00 - 3:30
Fee: \$15  **Abq Botanic Garden**

Bugs, Bugs, Bugs: BioPark BUGarium Tour 209
See description in class #208

Tuesday Mar 1 2:00 - 3:30
Fee: \$15  **Abq Botanic Garden**

More than Just a Pretty Picture: Weather Radar and Satellites 210

Deirdre Kann

Early efforts to forecast the weather were based on “direct contact” surface measurements of temperatures, pressure, and wind. Today, meteorologists use a broad array of “remote sensing” instruments such as satellites and radar to produce observations and images of the weather. While the resulting images can be beautiful to look at, remote sensing has been a game changer with respect to our understanding of weather as well as improvements in weather and climate forecasts.

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

Tuesday **Mar 1** **12:30 - 2:00**
Fee: \$10  **Oasis**

More than Just a Pretty Picture: Weather Radar and Satellites ZOOM 211

See description and bio in class #210

Tuesday **Mar 1** **12:30 - 2:00**
Fee: \$10  **Zoom**

Extinction Events Across Deep Earth Time 212

John Geissman

There are several short-lived time periods in earth’s history during which a significant percentage of species in the faunal and floral realms went

extinct. The most recent one in ancient geologic history took place about 66 million years ago with the demise of the dinosauria. John Geissman highlights several of these extinction events and discusses the processes that significantly disturbed the ecological realm at these times.

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.

Friday **Mar 4** **10:00 - 11:30**
Fee: \$10  **Oasis**

Who Invented the Telephone? 213

Lawrence Anderson

Every American school child knows that the telephone was invented by Alexander Graham Bell, confirmed by his famous, “Mr. Watson — Come here — I want to see you.” But the truth is more complicated. The response depends on what one means by “invent” and one’s nationality. It is a story of intrigue, robbery, uneasy collaborations, and legal entanglements. The story reads like a whodunnit. Follow the invention of the telephone from early experiments arising out of telegraphy to the demise of the landline telephone.

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

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 and fight bugs without toxic chemicals. 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. Limited enrollment.*

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 Mar 18 10:00 - 12:00
Fee: \$15 📍 Location will be emailed to enrollees

In-Ground Composting: Turn your Dirt into Soil! 218

See description and bio in class #217

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

In-Ground Composting: Turn your Dirt into Soil! 219

See description and bio in class #217

Friday Apr 22 10:00 - 12:00
Fee: \$15 📍 Location will be emailed to enrollees

Elena Gallegos Open Space Hike: Geologic Evolution of the Sandia Mountains 220

Leslie McFadden

Walking along the Elena Gallegos trail, Les McFadden shows you major rock types, mountain-front

landforms, and rock weathering associated with the beautiful Sandia Mountains. Geologic studies illuminate the origins of these rocks and their uplift to elevations that now exceed 10,000 ft. after the final retreat of the great Cretaceous Interior Seaway. The development of the Rio Grande Rift during the Cenozoic Era and the decline in mountain building in the last few million years is also discussed. *Note: This is a moderate 2.5-mile long hike with limited shade. Wear sturdy boots, a broadbrimmed hat, sunscreen, and bring water. Limited enrollment.*

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences (E&PS) Department. He received an MS and PhD in geosciences from the University of Arizona after earning a BA in anthropology from Stanford University.

Thursday Mar 24 1:00 - 4:00
Fee: \$15 🧡 Elena Gallegos/Pino Trail

Elena Gallegos Open Space Hike: Geologic Evolution of the Sandia Mountains 221

See description and bio in class #220

Wednesday Apr 6 1:00 - 4:00
Fee: \$15 🧡 Elena Gallegos/Pino Trail


Protecting Endangered Species at the Albuquerque Zoo: Guided Tour 222

Lane Kirkpatrick

Lane Kirkpatrick, BioPark Zoo docent, takes you on a tour of the nationally acclaimed Albuquerque Zoo. He discusses wildlife species threatened with extinction and what zoos are doing to prevent extinctions. Visit animal exhibits and programs involved in the Species Survival Plan including Mexican gray wolves, polar bears, jaguars, snow leopards, Malayan tigers, giraffes, Asian elephants,


cheetahs, African painted dogs, orangutans, and more. *Class fee includes zoo admission. Limited enrollment.*

See bio in class #204

Tuesday **Mar 29** **9:30 - 12:00**
Fee: \$18  **Albuquerque Zoo**

Protecting Endangered Species at the Albuquerque Zoo: Guided Tour **223**

See description in class #222 and bio in class #204

Thursday **Mar 31** **9:30 - 12:00**
Fee: \$18  **Albuquerque Zoo**

Science Sleuths II: Properties of the Unseen **224**

Colston Chandler

Decades before a scientific consensus emerged that atoms are real, clues to atomic properties began emerging. But how were these properties to be determined when atoms are too tiny to be seen? In this presentation we wander through the history of this amazing globe-spanning scientific quest of the 19th century and first half of the 20th century.

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

Thursday **Mar 31** **12:00 - 2:00**
Fee: \$10  **Oasis**


SOUTHWEST

Geologic Story of the Valles Caldera ZOOM **225**

Kirt Kempter

This presentation focuses on the geologic story and massive eruption of the Valles Caldera in the central Jemez Mountains. Did you know there was an earlier eruption that also formed a large caldera? There are several rock units that tell the story of this eruption, including air-fall ash and pumice, basal surge, and pyroclastic flows. Finally we explore the dynamic geology within the caldera since its formation, including small volcanoes, crater lakes, and a large resurgent dome.

Dr. Kirt Kempter is a Fulbright Fellow and PhD graduate from the University of Texas at Austin. Kirt has spent most of his career as a field geologist, studying volcanic provinces in Costa Rica, Mexico, and North America. He has authored numerous geologic maps in his home state of New Mexico and has led educational tours for *Smithsonian Journeys* and *National Geographic* since 1993, spanning much of the globe, including all seven continents.


Monday **Jan 17** **10:00 - 11:30**
Fee: \$10  **Zoom**

If the Walls Could Talk **226**

Robert Tórrez

The Palace of the Governors is New Mexico's most famous public building. It is a surviving artifact that has stood as a silent witness of our Spanish, Mexican, Territorial, and Statehood periods of our history. Learn the history of the building, concentrating on stories of the people who lived and worked there and events that unfolded within its walls and in the adjacent public plaza.

Robert Tórrez is a native New Mexican who served as the state historian from 1987-2000. He is the author of several books and has contributed chapters to nearly two dozen anthologies and textbooks. His monthly column, 'Voices From the Past,' is published in *Round the Roundhouse*, the state government employee newspaper.


Wednesday Jan 19 10:00 - 11:30
Fee: \$10 

The Albuquerque Eight: Mining for Cannons in Old Town Plaza ZOOM 227

Deborah Slaney

Old Town Albuquerque resident Sofre Alexander was angry. Who was trying to dig up his chile patch, and why? Deb Slaney details the fascinating story of two Civil War veterans who searched for eight cannons buried in Old Town, how they came to be rediscovered, and where they can be found today.

Deborah Slaney is an independent curator and curator of history emerita from the Albuquerque Museum. She holds a BA in Southwestern anthropology from the University of Arizona and a Master of Liberal Studies/Museum emphasis from the University of Oklahoma. She curated exhibitions on Trevanion T. Teel and the Civil War in Albuquerque.

Thursday Jan 20 10:00 - 11:30
Fee: \$10 


Hohokam and Mimbres Rock Art and Ideology ZOOM 228

Allen Dart

Comparing New Mexico's Mimbres-culture petroglyphs and southern Arizona's Hohokam glyphs helps define the limits of these contemporaneous ancient southwestern societies. Their rock art and

other material culture also provide clues to their different ideologies. Certain icons are common to both cultures, yet each one exhibits motifs that apparently were not produced by the other. Comparing and contrasting Mimbres and Hohokam rock art images and other aspects of their cultures suggests similarities and differences in their religious beliefs and practices.

Archaeologist Allen Dart has worked in New Mexico and Arizona since 1975. A UNM graduate (1973), 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. He has received awards from the National Park Service and other organizations for his efforts to bring archaeology and history to the public.

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

Wheels Museum Tour 229

Leba Freed




Photo courtesy of Irene Fertik

Visit the Wheels Museum in the Albuquerque Rail Yards and learn about its history and the history of the incredible individuals who built our city and state. For decades, as many as 2,000 workers repaired 40 locomotives every month. Tour the museum's exhibits which include

antique cars, fire trucks, model train layouts, rare "train" artifacts, a World War II exhibit, and Alvarado room. *Admission is included in class fee. Limited enrollment.*

Leba Freed is the founder and president of the Wheels Museum, a 501c3 non-profit transportation museum in downtown Albuquerque. Freed was instrumental in saving the 27-acre site and also serves on the railyards advisory board.


Tuesday **Feb 8** **10:00 - 11:30**
Fee: \$15  **Wheels Museum**

The Civil War in New Mexico **230**

John Taylor

The winter and spring of 1862 were turbulent times for the nation and for the young territory of New Mexico. A Confederate force of some 2,800 soldiers invaded the territory and fought two large battles and several smaller skirmishes before retreating back to Texas in defeat. This presentation traces the origins and outcomes of this unique period of New Mexico history.

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

Monday **Feb 28** **2:30 - 4:00**
Fee: \$10  **Oasis**

The Manhattan Project ZOOM **231**

Richard Malenfant

Richard Malenfant presents the history of the Manhattan Project from the discovery of fission through the weapons tests in the Pacific. Learn of the significant events, discoveries, and people who contributed to the Project.

Richard (Dick) Malenfant joined the critical experiments facility at the Los Alamos National laboratory in 1961, following a tour of active duty in the US Air Force at Wright-Patterson AFB as a Nuclear Research Officer. He retired from full-time employment in 1996 and continues his association with the Laboratory as a guest scientist. His special interests include the history of the Manhattan Project and the work done at Los Alamos.

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

Victorio Peak: One Hundred Tons Of Gold Or One Hundred Tall Tales **232**

Jim Eckles

Milton Noss claimed he entered Victorio Peak in 1937 and found a warren of passages that led to gold bars, Spanish loot, and more. He was killed in 1949 by one of his financial backers. White Sands Missile Range later acquired the property. The range has been beset by trespassers who want access to the peak. The Army has allowed four hunts for the gold. Nothing has ever been found. So is the story a scam or did a series of presidents steal the treasure?


Eckles worked for White Sands Missile Range for 30 years and has been a volunteer there since he retired in 2007. He was the missile range's spokesman during the five-year search for the Victorio Peak gold bars in the 1990s and has written extensively about the legendary treasure. He met many of the prime players and continues to try and bring reason to the story.

Wednesday **Mar 9** **12:30 - 2:00**
Fee: \$10  **Oasis**

Judicial Gems: NM Judges 233*Robert Tórrez*

Judges played an important role in the development of an effective judicial system in New Mexico. This presentation reviews the lives of some of New Mexico's most influential and colorful judicial characters. Through their own words, taken from newspapers, letters, and trial transcripts, we see the thoughtful and often severe sentences imposed on convicted defendants and how justice was dispensed in our own wild west.


See bio in class #226

Monday Mar 21 10:00 - 11:30
Fee: \$10  **Oasis**

An Archaeological Perspective on Turkeys in New Mexico 234*Matthew Barbour*

Turkeys are among the largest birds in North America. Historically, the raising and hunting of turkeys played an important role in Native American cultures. Not only were the feathers, bones, meat, and eggs used in a variety of ways, but the presence of the turkey in the fields was vital for pest control. The southwest is traditionally home to three subspecies of turkeys. Barbour examines the history of human-turkey interactions in New Mexico from the perspective of an archaeologist, hunter, and breeder of heritage birds.

See bio in class #143

Tuesday Apr 5 12:30 - 2:00
Fee: \$10  **Oasis**


Ancient Southwestern Native American Pottery ZOOM 235*Allen Dart*

Archaeologists use Native American pottery to identify different cultures. Photo courtesy of Allen Dart.

Allen Dart shows and discusses Native American ceramic styles that characterized specific peoples and eras in the Southwest prior to approximately 1450AD. He reviews how archaeologists use pottery for dating archaeological sites and interpret-

ing ancient lifeways. He notes the importance of context in archaeology, how things people make change in style over time, and how different styles are useful for identifying different cultures.

See bio in class #228

Monday Apr 18 12:30 - 2:00
Fee: \$10  **Zoom**


Ode To Route 66 at 96 236*Ned O'Malia, Craig Cropsey, Donatella Davanzo*

Take a nostalgic trip on Route 66. Photo courtesy of Craig Cropsey.

Bountiful stories written and told, songs scripted and sung, and glorious journals penned by the masses of 'roadies' who seek to get their Kicks on Route 66. A crucial facet of her existence lies in the people who make a living off her glory and reputation and the harsh underside of ventures that have failed, brought

despair, and not had the Hollywood ending most of the media portrays. We take a hard look at her current status as we inch closer to the 100th anniversary.

Ned O'Malia, PhD, honors and religion professor at UNM, has traveled Route 66 countless times as guide, explorer, historian, and lecturer. Craig Cropsey is a world traveler, historian, college administrator and lecturer with a passion for all things related to Route 66. Donatella Davanzo, Italian-American documentary photographer, photojournalist, and anthropologist, showcases the American Southwest, particularly Route 66, showing peculiar aspects of its cultural heritage and history.

Wednesday **Apr 20** **2:30 - 4:30**
Fee: \$10  **Oasis**

TECHNOLOGY


iPad: The Basics **237**

Birgitta Gustafson

Want to know more about your iPad and how to use it? This class covers what you need to get started including how to set up email accounts, navigation and gestures, the control center, notifications, and more. Join Birgitta Gustafson in our classroom to learn the ins and outs of your iPad. Your class fee includes a 55-page course book. Bring your fully charged iPad and bring your Apple ID and password. Bring password information for your email and social media accounts.

Brigitta Gustafson is a retired English/Social Studies teacher. Before retiring Gustafson piloted the Chromebooks-in-the-Classroom initiative for Rio Rancho schools. 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.

Tuesday **Feb 22** **1:00 - 3:00**
Fee: \$25  **Oasis**


iPad: The Basics **238**

See class description & bio in class #237

Thursday **Mar 3** **10:00 - 12:00**
Fee: \$25  **Oasis**

iPad: The Basics **239**

See class description & bio in class #237

Thursday **Mar 10** **1:00 - 3:00**
Fee: \$25  **Oasis**

ARMCHAIR TRAVEL/ TRAVELOGUE

Collette Coastal Maine ZOOM **240**

Karen Barclay



Featuring Portland, Bar Harbor, Acadia National Park, and Boothbay, Maine


Trip is October 2 – October 8, 2022

*7 days *9 Meals

Learn about this Oasis/Collette trip where you experience coastal Maine. Highlights include a visit to an oyster farm, your choice of a guided bike tour or scenic drive through Acadia National Park, ride along with a lobsterman pulling traps on a lobster boat, regional wine tasting at a local vineyard and visit the Coastal Maine Botanical Garden. This is a small group tour with moderate activity.

Reserve your trip by March 2, 2022 for best price and availability. See www.oasisabq.org for more detailed information.

Oasis has worked with Collette for more than seven years, offering a variety of tours. Karen Barclay is Collette's business development manager for our region.

Tuesday Jan 18 3:00 - 4:00
Fee: Free  Zoom

See also: A Beginner's Guide to Cruising with Todd Griffin (class #189)

WALKS & HIKES

Cañada del Ojo Hike 241

David Ryan

Back by popular demand! This hike is for experienced hikers looking for an off-trail adventure. The hike involves crossing varied terrain, ducking under fences, and running into an amazing collection of sandstone formations including a hoodoo village. This is one of David Ryan's favorites! Cañada del Ojo is on a remote tract of BLM land north of Tohajiilee with spectacular landscapes and views in all directions. Many of the scenes from *Breaking Bad* were filmed nearby. If you've ever wondered what the backcountry is like, this may be the hike for you. *This is a moderate 3.5 mile hike with limited shade. No restrooms available. Make sure you have sturdy hiking footwear, a hat, sunscreen and water. A walking stick is highly recommended. Limited enrollment.*

David Ryan, who has given several presentations at Oasis, is the coauthor of the 3rd edition of *60 Hikes Within 60 Miles: Albuquerque* and the author of several other walk books. In addition to

hiking around Albuquerque, he has gone on several very long walks including the Camino de Santiago and the entire Appalachian Trail. You can find many of the places he has explored on his blog at www.gentleartofwandering.com.

Wednesday Mar 9 9:00 - 1:00
Fee: \$15  Cañada del Ojo

Walking Albuquerque – Monday 242

Joyce 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 Mar 14- Apr 18 8:30 - 10:00
Fee: \$20 6 sessions  Walks

Walking Albuquerque - Wednesdays 243

See description and bio in class #242


Wednesdays Mar 16- Apr 20 8:30 - 10:00
Fee: \$20 6 sessions  Walks

Mary Fox Park Accessible Walk 244

Michaela Karni and Colston Chandler

Walk in the part of the fascinating Fourth Ward Historical Neighborhood that is near Mary Fox Park. There are quite a few well-restored and maintained houses from the 1890s through the first part of the 20th century. Unlike many parts of the city, the sidewalks are wide and well maintained. *This walk is suitable for motorized wheelchair users. Walk distance is approximately 1.5 miles. There are no benches or restrooms. Bring your camera, water, and clothing layers. Limited enrollment.*

Michaela Karni has been leading walks as part of the Oasis Walking Albuquerque group. Her specialty is the history and architecture of Albuquerque neighborhoods. She graduated from UNM with a major in English and a minor in history and also earned her MA from UNM. She has been a teacher, an editor, and an active and dedicated volunteer in the Albuquerque Jewish community. *See Colston Chandler's Bio in Class #224.*

Tuesday **Mar 22** **10:00 - 11:30**
Fee: \$10  **Mary Fox Park**

Juan Tomas Open Space Hike 245

David Ryan



Hike at Golden Open Space.

Back by popular demand! Juan Tomas Open Space is a City of Albuquerque Open Space property located in the Manzanita Mountains south of Tijeras. It has a wonderful, easy-to-moderate 3.7 mile loop hike with very little change in elevation. Walk through ponderosa, meadows, and other vegeta-

tion. 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 #241

Friday **Mar 25** **9:00 - 12:00**
Fee: \$15  **Juan Tomas Open Space**

Golden Open Space Hike 246

David Ryan

Back by popular demand! Sitting at the north end of the east side of the Sandias is a chunk of City of Albuquerque Open Space. The City's Open Space Division has developed a network of trails that allows us to explore this wonderful area. Our hike begins in piñon-juniper grassland. In a half mile, the trail reaches the edge of a canyon that looks like a smaller version of the Grand Canyon. The hike follows the edge of the canyon for a half mile before descending into the canyon. After checking out the multiple colors and twisted formations inside the canyon, we'll return to the top and follow a different trail back to the trailhead. *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 #241

Friday **Apr 1** **9:00 - 12:00**
Fee: \$15  **Golden Open Space**

Bosque School Bosque Walk: Accessible Walk 247

Colston Chandler

Explore the especially beautiful part of the Rio Grande Bosque that lies between the Bosque School and the river. The trail (approximately 1.5 miles) wanders through the cottonwoods and is

wide and mostly flat with gentle slopes. Learn about the Bosque School and its use of the adjoining bosque for instructional and research purposes. Visit the chainsaw sculptures at the adjacent Pueblo Montañño Sculpture Park. *Suitable for adventurous wheelchair users. Motorized wheelchairs should have no problem. There are no benches or toilets. Bring your binoculars, camera, water, and clothing layers. Limited enrollment.*

See bio in class #224

Saturday **Apr 2** **10:00 - 11:30**
Fee: \$15 🏃 **Walks**

David Canyon Hike **248**

David Ryan

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

See bio in class #241

Thursday **Apr 7** **9:00 - 12:00**
Fee: \$15 🏃 **David Canyon-Mars Court Trail**

See also: Elena Gallegos Open Space Hike: Geologic Evolution of the Sandia Mountains with Leslie McFadden (classes #220, #221)

LA VIDA LLENA – SPONSORED CLASS

There is no charge for La Vida Llena residents and you do not need to pre-register though Oasis.

LVL Rocky Mountain High: John Denver ZOOM **251**

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 #111

Thursday **Mar 24** **3:00 - 4:30**
Fee: \$5 🖥 **Zoom**

NEIGHBORHOOD IN RIO RANCHO – SPONSORED CLASSES

NIRR residents must pre-register at your hospitality desk. Most NIRR classes are held in person at the Neighborhood in Rio Rancho. Please check the location at the end of the class description before registering. Oasis participants must pre-register. NIRR requires a copy of your COVID-19 vaccination record. You may bring a copy or arrive early enough for NIRR to run a copy for their records. You will not be admitted without a copy of your vaccination record.

NIRR The First Ten Billion Years of the Universe 253

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.


Dwight Jennison received his Ph.D. 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 NM 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.

Monday Jan 10 3:00 - 4:30
Fee: \$5  **Neighborhood in Rio Rancho**

NIRR A Sentimental Journey with Doris Day ZOOM 254

Jane Ellen

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. *See bio in class #111*

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

NIRR 10 Warning Signs of Alzheimer's 255

Ron Eppes

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. We will 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 10 warning signs of Alzheimer's disease, what is involved in getting a diagnosis, identify the risks of Alzheimer's, including connections to other conditions, and understand the benefits of early detection.

Ron Eppes is the Program Director for the Alzheimer's Association of New Mexico. He has a personal connection to this terrible disease, as his mom passed away from dementia in October of 2020.


Monday Mar 14 3:00 - 4:30
Fee: \$5  **Neighborhood in Rio Rancho**

NIRR Remembering Lenny: The Life of Leonard Bernstein ZOOM 256

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 political and social activist.

See bio in class #111

Monday Apr 11 3:00 - 4:30
Fee: \$5  **Zoom**

Off-Site Class Locations

If you are lost, call the Oasis Office at 505-884-4529, and we will help you with directions.

ABCWUA

Water Reclamation Plant, 4201 Second Street SW. Take I-25 south to the Rio Bravo exit. Drive west on Rio Bravo to 2nd Street, turn left. The Treatment Plant is a quarter mile south of Rio Bravo. Turn right into Plant, stop at the guard station, and you will be directed to the education classroom under the tall, beige water tower.

Albuquerque Botanic Garden

Located at 2601 Central Avenue NW. Meet at the garden gate entrance inside the main plaza.

Albuquerque Zoo

The Albuquerque Zoo is located at 903 10th Street SW. Meet under the main entryway, before the ticket windows.

Bosque School

Located at 4000 Learning Rd NW. Southeast of the Coors/Montaño intersection. Park in the gravel parking lot at the very northern end of the Bosque School campus. Meet under a large cottonwood tree at the east side of the parking lot.

Cañada del Ojo

With 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). Go 8.8 miles south on NM 337 (South 14) to Raven Road. Turn right on Raven Road and follow it 1.6 miles to Mars Court. Turn right on Mars Court and drive about 20 feet to the parking area. Mars Court is

unpaved but very short. Consider carpooling as parking is limited.

Edelweiss Rio Grande German American Club

Located at 4821 Menaul Blvd NE. Park behind the club or on the street nearby.

Elena Gallegos - Pino Trail

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

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.

Jaramillo Vineyards

I-25 South, take first Belen exit #195, go about 1 mile, sharp left onto Andre Sanchez Road, it has a brown historical marker right before it. Follow road as it curves around, at red stop sign, Rasband Dairy to your left, stop and then drive straight forward onto private gravel road, follow it to the top, passing a white house. Winery is right next to the house. Directions to the tasting room will be provided at the vineyard.

Juan Tomas Open Space

From I-40, take exit 175 to Tijeras. Go 8.7 miles south on NM 337. Turn left on Oak Flat Road and go 2.7 miles east. Park in the area on the left, across from the junction with Anaya Road (not Anaya Place).

Mary Fox Park

Meet at the southwest corner of Mary Fox Park at the corner of 13th Street NW and Roma Avenue NW in Albuquerque. Street parking available.

Meltdown Studio

Located at 901 Rio Grande Blvd NW, Suite E130. This is behind D H Lescombes Winery & Bistro (formerly St. Clair Winery & Bistro) on Rio Grande.

Neighborhood in Rio Rancho

Located at 900 Loma Colorado Blvd NE in Rio Rancho. Off of Northern Blvd NE.

Our Lady of Perpetual Help Church

Located at 1837 Alvarado Dr NE. In NE Albuquerque, between San Pedro and San Mateo NE. One block north of Constitution Ave NE and one block south of Alvarado Park.

Wheels Museum

Located at 1100 2nd St SW in Albuquerque. Look for a long grey concrete building about 11 blocks from Central.

National News

The Oasis Institute / Spring 2022



Making an Impact

The Oasis Institute national office has been fortunate to recently receive funding for several projects to conduct research and/or examine best practices regarding programs affecting older adults. Results from these programs will be shared with Oasis centers and other organizations around the country that will have a positive impact on older adults.

Community Care Corps – The Administration for Community Living (ACL) awarded funding to Oasis and a team of partners to foster innovative models in which local volunteers assist family caregivers, older adults, or persons with disabilities with non-medical care in their own homes in order to maintain independence. Since 2020, Oasis has funded 56 grants to organizations in urban, suburban, rural, and Tribal communities across the country. At the end of the project, best practices and models will be identified and publicized.

Virtual Healthy Habits (VHH) – ACL has also awarded funding to Oasis to launch VHH, a program with

weekly virtual nutrition lessons, meal kit deliveries and cooking demonstrations. Oasis is partnering with Texas A&M Center for Population Health and Aging to conduct a research study to determine if VHH influences positive behavior change and more connectedness.



Intergenerational Tutoring Program Research



– The RRF Foundation for Aging has funded Oasis for a research study in conjunction with Washington University in St. Louis to examine the benefits of virtual and in-person tutoring on older adults. Specifically, the study will look at different subgroups of volunteers, including older adult men, caregivers, first-time older adult volunteers, and single/isolated older adults. Results will add to a growing body of research showing the health benefits of volunteering and how a community benefits when their older adults are involved.

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



OASIS ALBUQUERQUE &
COLLETTE PRESENT...

roaming coastal maine

**LEARN MORE VIA ZOOM
ON TUE, JAN 18 2022 AT 3PM (MT)**

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STARTING AT \$3,249***

This is Maine, where rocky shores, infinite nature, and endless lobster forge a coastal New England classic. Dig in to local delicacies with an oyster shucking demonstration and tasting. Immerse yourself in dramatic nature at Acadia National Park. Admire the picturesque Portland Head Light, Maine's oldest lighthouse. Towering mountains, delectable cuisine, and bustling harbors await you in this maritime treasure.

CALL 505-884-4529 | OASISABQ.ORG



**Thank you to all Oasis Reading Mentors who
volunteered to support a student this year!**



**We are celebrating with the annual Student Book Giveaway
on Friday, April 8, 2022. Join us and select several books to
give to your student(s) to increase their personal library.**

"Any book that helps a child to form a habit of reading, to make reading
one of his deep and continuing needs, is good for him."

– Maya Angelou

***Interested in volunteering and reading to/with a student? We are recruiting for August 2022
training. Join our team! Visit our website at albuquerque.oasisnet.org/tutoring
or contact us at 505-884-4529.***

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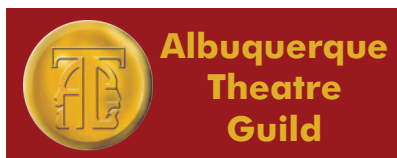
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To learn more about our world-respected cardiac programs, visit **HeartHospitalNM.com**

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all the things you can do."**

- Abraham & Elayne P., residents of The Neighborhood in Rio Rancho

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(505) 994-2296

NeighborhoodRioRancho.com

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Rio Rancho, NM 87124



(505) 293-4001

LaVidaLlena.com

10501 Lagrima de Oro Rd. NE,
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www.abqtheatre.org



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

TO: _____

FROM: _____

APPROVED BY: _____ DATE: _____



A photograph of an older couple embracing outdoors. The man, on the left, has grey hair and a beard, wearing a blue button-down shirt. The woman, on the right, has short blonde hair and wears glasses and an orange sweater. They are both smiling warmly. The background is a soft-focus outdoor scene with trees and sunlight.

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Monday		Tuesday		Wednesday		Thursday		Friday	
				5		6		7	
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 47-48				Spring Registration Opens 10:00am					

Monday		Tuesday		Wednesday		Thursday		Friday	
1		1		2		3		4	
167 Singing the Show Tunes 126 Tai Chi Health 1 ZM 172 Josephine Baker ZM 125 Qigong	10:15-11:45 11:00-12:00 12:30-2:30 1:00-2:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 109 How to Haiku 173 James Brown ZM 145 Irish Whimsy 139 Better Balance ZM 135 Yoga for Feet 136 Yoga for Feet ZM 208 BUGarium Tour*	9:00-10:00 9:00-10:00 10:00-11:30 10:00-12:00 12:30-2:00 1:00-2:00 2:00-3:00 2:00-3:00 2:00-3:30	123 Singing the Show Tunes 126 Tai Chi Health 1 ZM 172 Josephine Baker ZM 125 Qigong	10:15-11:45 11:00-12:00 12:30-2:30 1:00-2:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 205 Penguin Zoo Tour* 166 Poetic Masterpiece	9:00-10:00 9:00-10:00 9:30-11:30 10:00-11:30	128 Better Living Through Mvmt ZM Foot Care Clinic	1:00-2:00
7		8		9		10		11	
123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 190 How to Haiku 173 James Brown ZM 145 Irish Whimsy 139 Better Balance ZM 135 Yoga for Feet 136 Yoga for Feet ZM 208 BUGarium Tour*	9:00-10:00 9:00-10:00 10:00-11:30 10:00-12:00 12:30-2:00 1:00-2:00 2:00-3:00 2:00-3:00 2:00-3:30	229 Wheels Museum Tour* 167 Singing the Show Tunes 126 Tai Chi Health 1 ZM 125 Qigong 162 Austin Book Group	10:00-11:30 10:15-11:45 11:00-12:00 1:00-2:00 1:30-3:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 146 Mao Zedong's China 139 Better Balance ZM	9:00-10:00 9:00-10:00 10:00-11:30 1:00-2:00	129 Tai Chi Chih 1 ZM 206 Penguin Zoo Tour* 119 PTSD Treatments 126 Tai Chi Health 1 ZM 111 Humorists Bob & Ray ZM	9:00-10:00 9:30-11:30 10:00-11:30 11:00-12:00 12:30-2:30	128 Better Living Through Mvmt ZM 185 Medieval & Traditional Ballads	1:00-2:00 2:00-3:30
14		15		16		17		18	
123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 147 Valley Forge Winter ZM 190 How to Haiku 139 Better Balance ZM 254 NRR Doris Day ZM	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 1:00-2:00 3:00-4:30	167 Singing the Show Tunes 126 Tai Chi Health 1 ZM 163 Summit Book Group 148 Scandalous Women 125 Qigong 164 Holmes Book Group	10:15-11:45 11:00-12:00 11:00-12:30 12:30-2:00 1:00-2:00 1:00-2:30	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 146 Mao Zedong's China 120 Healing Anxiety 139 Better Balance ZM 165 West Mesa Book Group	9:00-10:00 9:00-10:00 10:00-11:30 12:30-2:00 1:00-2:00 1:30-3:00	129 Tai Chi Chih 1 ZM 197 Two English Mystics* 126 Tai Chi Health 1 ZM	9:00-10:00 10:00-11:30 11:00-12:00	174 Stevie Wonder ZM Foot Care Clinic	10:00-12:00
21		22		23		24		25	
123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM	9:00-10:00 9:00-10:00	167 Singing the Show Tunes 126 Tai Chi Health 1 ZM 149 George Washington 237 iPad Basics	10:15-11:45 11:00-12:00 12:30-2:00 1:00-3:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 184 Peléas et Mellsande 105 Gas Ballooning	9:00-10:00 9:00-10:00 10:00-11:30 12:30-2:00	129 Tai Chi Chih 1 ZM 126 Tai Chi Health 1 ZM 175 Rosetta Tharpe ZM	9:00-10:00 11:00-12:00 12:30-2:30		
28									
123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 191 Haiku Revision 176 Lena Horne ZM 121 End-of-Life Options in NM 140 Better Balance ZM 230 Civil War in NM	9:00-10:00 9:00-10:00 10:00-11:30 10:00-12:00 12:30-2:00 1:00-2:00 2:30-4:00								

Monday		Tuesday		Wednesday		Thursday		Friday	
1		1		2		3		4	
167 Singing the Show Tunes 126 Tai Chi Health 1 ZM 210 Weather Radar & Satellites 211 Weather Radar & Satellites ZM 209 BUGarium Tour*	10:15-11:45 11:00-12:00 12:30-2:00 12:30-2:00 2:00-3:30	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 192 Creative Self-Exploration 177 Nanci Griffith ZM 231 Manhattan Project ZM 140 Better Balance B ZM	9:00-10:00 9:00-10:00 10:00-11:30 10:00-12:00 12:30-2:00 1:00-2:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 241 Cañada del Ojo Hike* 152 Slavery & Juneteenth ZM 232 Victoria Peak 140 Better Balance B ZM	9:00-10:00 9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00 1:00-2:00	129 Tai Chi Chih 1 ZM 150 Jewish Vilna 151 Jewish Vilna ZM 238 iPad Basics 126 Tai Chi Health 1 ZM	9:00-10:00 10:00-11:30 10:00-11:30 10:00-12:00 11:00-12:00	212 Extinction Events Foot Care Clinic	10:00-11:30
7		8		9		10		11	
123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 191 Haku Revision 106 Dublin 21st Century 140 Better Balance B ZM 137 Yoga for Back 138 Yoga for Back ZM Foot Care Clinic	9:00-10:00 9:00-10:00 10:00-11:30 12:30-2:00 1:00-2:00 2:00-4:00 2:00-4:00	126 Tai Chi Health 1 ZM 162 Austin Book Group	11:00-12:00 1:30-3:00	123 Tai Ji Quan for Balance 124 Tai Ji Quan for Balance ZM 241 Cañada del Ojo Hike* 152 Slavery & Juneteenth ZM 232 Victoria Peak 140 Better Balance B ZM	9:00-10:00 9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00 1:00-2:00	129 Tai Chi Chih 1 ZM 118 Hands-Only CPR 126 Tai Chi Health 1 ZM 239 iPad Basics	9:00-10:00 10:00-11:30 11:00-12:00 1:00-3:00	178 Hollywood Film Music ZM	12:30-2:30
14		15		16		17		18	
242 Walking Mondays* 213 Who Invented the Telephone? 107 Shadow Docket 108 Shadow Docket ZM 137 Yoga for Back 138 Yoga for Back ZM 255 NRR 10 Warning Signs*	8:30-10:00 10:00-11:30 12:30-2:00 12:30-2:00 2:00-4:00 2:00-4:00 3:00-4:30	167 Singing the Show Tunes 127 Tai Chi Health 2 ZM 163 Summit Book Group 164 Holmes Book Group	10:15-11:45 11:00-12:00 11:00-12:30 1:00-2:30	243 Walking Wednesdays* 153 Hyderabad 154 Hyderabad ZM 165 West Mesa Book Group 214 Mound Builders	8:30-10:00 10:00-11:30 10:00-11:30 1:30-3:00 2:30-4:00	131 Tai Chi Chih 2 ZM 215 Wastewater Treatment Tour* 155 Women & Music 156 Women & Music ZM 127 Tai Chi Health 2 ZM	9:00-10:00 9:00-11:00 10:00-11:30 10:00-11:30 11:00-12:00	141 Stretch & Relax 217 In-Ground Composting* Foot Care Clinic	9:00-10:00 10:00-12:00
21		22		23		24		25	
242 Walking Mondays* 233 NM Judges Foot Care Clinic	8:30-10:00 10:00-11:30	244 Mary Fox Park Accessible Walk* 193 Free Write 167 Singing the Show Tunes 127 Tai Chi Health 2 ZM 179 Any Beach ZM	10:00-11:30 10:00-12:00 10:15-11:45 11:00-12:00 12:30-2:30	243 Walking Wednesdays* 194 Your Dream Life 103 Metalworking Workshop* 195 Living a Soulful Life 214 Mound Builders	8:30-10:00 10:00-12:00 10:00-2:00 1:30-3:30 2:30-4:00	131 Tai Chi Chih 2 ZM 115 Building Resiliency 127 Tai Chi Health 2 ZM 220 Geology Hike* 251 LVL John Denver ZM	9:00-10:00 10:00-11:30 11:00-12:00 1:00-4:00 3:00-4:30	141 Stretch & Relax 245 Juan Tomas Hike* 186 Bobcats Quartet	9:00-10:00 9:00-12:00 2:00-3:30
28		29		30		31		26 Saturday 157 Gilgamesh 10:00-11:30	
242 Walking Mondays* 198 Who was Jesus? 158 Sutton Hoo Ship-Burial 159 Sutton Hoo Ship-Burial ZM	8:30-10:00 10:00-11:30 12:30-2:00 12:30-2:00	133 Guided Tai Chi Chih Practice 134 Guided Tai Chi Chih Practice ZM 222 Endangered Species Zoo Tour* 193 Free Write 167 Singing the Show Tunes 127 Tai Chi Health 2 ZM	9:00-10:00 9:00-10:00 9:30-12:00 10:00-12:00 10:15-11:45 11:00-12:00	243 Walking Wednesdays* 194 Your Dream Life 180 Bill Evans ZM 195 Living a Soulful Life	8:30-10:00 10:00-12:00 10:00-12:00 1:30-3:30	131 Tai Chi Chih 2 ZM 223 Endangered Species Zoo Tour* 127 Tai Chi Health 2 ZM 224 Science Souths II	9:00-10:00 9:30-12:00 11:00-12:00 12:00-2:00	ZM = Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 47-48 Registration opens Wednesday, January 5 at 10:00 am.	

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
								141 Stretch & Relax 246 Golden Open Space Hike* Foot Care Clinic	
								2 Saturday	
								247 Bosque School Accessible Walk* 10:00-11:30	
								8	
								218 In-Ground Composting* 187 Honky Tonk Singalong*	

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 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 spring 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 spring 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. However, because of the uncertainty of COVID-19 restrictions, please call the office at 505-884-4529 to determine if we are open. You may also mail your form to us.

What types of payment do you accept?

We accept cash, check, or credit card (Visa, MasterCard, or Discover).

What if the class I want is full and I've already paid for it?

For the spring term, in-person class sizes, technology classes, and walks/hikes may 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.

Spring 2022 classes begin
Monday, January 10, 2022

Oasis Policies, Cont.

Information about Oasis credits

Throughout 2020 and 2021, Oasis canceled many of our educational offerings due to the pandemic, and there are some of you who still 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, January 5, 2022 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, January 5, 2022. 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 January 5, 2022.

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 (January 5, 2022). The first form received is the first one entered and so on.

Important Registration Information

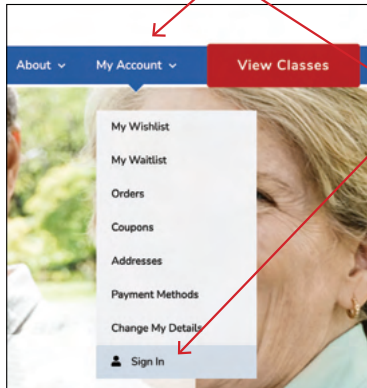
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **Couples or two friends who attend classes together** should submit forms together IN ONE ENVELOPE. You must, however, submit separate forms and payment for each person. Each attendee must sign the waiver of liability form.
- **Email:** If you have email, please include the address on your form, so we can email your receipt and confirmation.

Payment methods

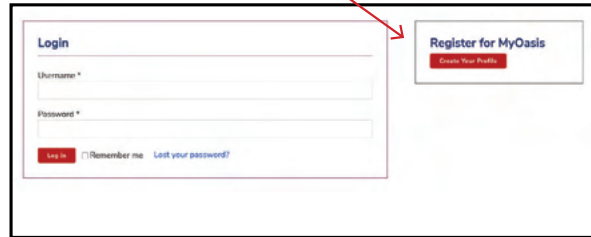
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we will charge only for the classes in which you are enrolled.
- **Cash or check payments:** We accept cash or checks. If you are paying by cash or check and a class is full when you register, we will apply the additional amount to your account and create a credit to use on future classes. You may use that for future classes OR it will be applied to your wait-listed class if space becomes available.
- **Oasis Credits:** Before sending another check or cash, check your Oasis credit balance by calling the Oasis office at 505-884-4529 or by checking your most recent Oasis receipt.

HOW TO REGISTER FOR CLASSES



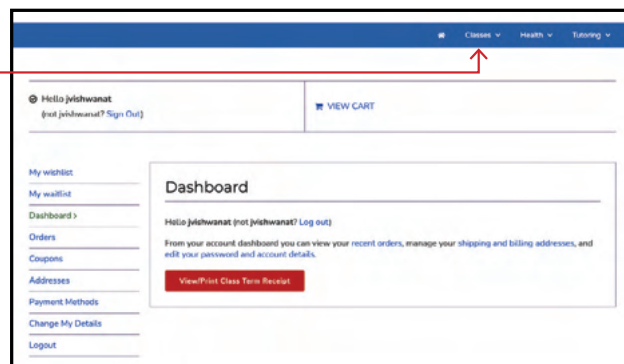
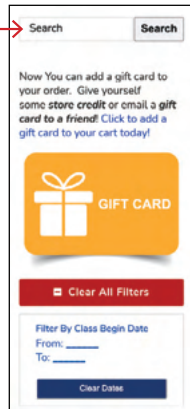
1. Go to www.oasisabq.org

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**

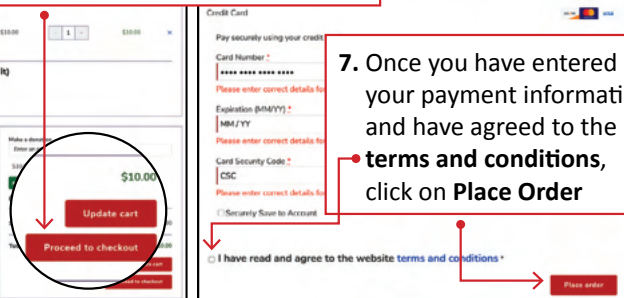
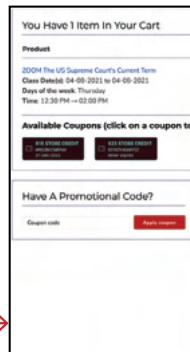
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

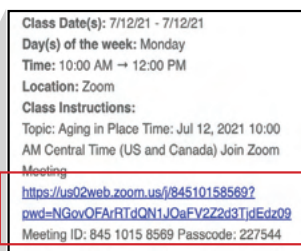
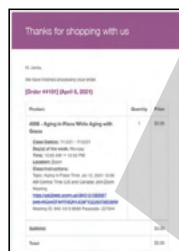


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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 Spring 2022 Class Registration

Date / /

Name Address Phone

City Zip 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		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	100	Victorian Glass	\$10			
	101	Pastel Workshop	\$55			
	102	Pastel Workshop	\$55			
	103	Metalsmithing Workshop*	\$100			
	104	STILL Not News!	\$10			
	105	Gas Ballooning	\$10			
	106	Dublin 21st Century	\$10			
	107	Shadow Docket	\$10			
	108	Shadow Docket ZM	\$10			
	109	21st Century Economy for NM	\$10			
	110	Golden Age of Hollywood ZM	\$10			
	111	Humorists Bob & Ray ZM	\$10			
	112	Hedy Lamarr ZM	\$10			
	113	Jaramillo Vineyards: Field Trip*	\$25			
	114	Choosing a Movement Class ZM	Free			
	115	Building Resiliency	\$10			
	116	Healthy Behaviors ZM	\$10			
	117	Hands-Only CPR	\$5			
	118	Hands-Only CPR	\$5			
	119	PTSD Treatments	\$20			
	120	Healing Anxiety	\$10			
	121	End-of-Life Options in NM	\$10			
	122	The Next Pandemic	\$10			
	123	Tai Ji Quan for Balance	Free			
	124	Tai Ji Quan for Balance ZM	Free			
	125	Qigong	\$40			
	126	Tai Chi Health 1 ZM	Free			
	127	Tai Chi Health 2 ZM	\$56			

✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	128	Better Living Through Movement ZM	\$32			
	129	Tai Chi Chih 1 ZM	\$60			
	131	Tai Chi Chih 2 ZM	\$40			
	133	Guided Tai Chi Chih	\$40			
	134	Guided Tai Chi Chih ZM	\$40			
	135	Yoga for Feet	\$10			
	136	Yoga for Feet ZM	\$10			
	137	Yoga for Back	\$40			
	138	Yoga for Back ZM	\$40			
	139	Better Balance ZM	\$20			
	140	Better Balance ZM	\$20			
	141	Stretch & Relax	\$24			
	142	Versailles	\$10			
	143	Era of Late Antiquity	\$10			
	144	Harry S. Truman	\$10			
	145	Irish Whimsy	\$10			
	146	Mao Zedong's China	\$20			
	147	Valley Forge Winter ZM	\$10			
	148	Scandalous Women	\$10			
	149	George Washington ZM	\$10			
	150	Jewish Vilna	\$10			
	151	Jewish Vilna ZM	\$10			
	152	Slavery & Juneteenth ZM	\$10			
	153	Hyderabad	\$10			
	154	Hyderabad ZM	\$10			
	155	Women & Music	\$10			
	156	Women & Music ZM	\$10			
	157	Gilgamesh	\$10			

✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	158	Sutton Hoo Ship-Burial	\$10			
	159	Sutton Hoo Ship-Burial ZM	\$10			
	160	Forming the Netherlands	\$10			
	161	Supreme Court & Inequality	\$10			
	162	Austin Book Group	\$10			
	163	Summit Book Group	\$10			
	164	Holmes Book Group	\$10			
	165	West Mesa Book Group	\$10			
	166	Poetic Masterpiece	\$10			
	167	Singing the Show Tunes	\$65			
	168	Garth Brooks ZM	\$10			
	169	Lesley Gore ZM	\$10			
	170	Ralph Vaughan Williams ZM	\$10			
	171	Classical Becomes Pop ZM	\$10			
	172	Josephine Baker ZM	\$10			
	173	James Brown ZM	\$10			
	174	Stevie Wonder ZM	\$10			
	175	Rosetta Tharpe ZM	\$10			
	176	Lena Horne ZM	\$10			
	177	Nanci Griffith ZM	\$10			
	178	Hollywood Film Music ZM	\$10			
	179	Amy Beach ZM	\$10			
	180	Bill Evans ZM	\$10			
	181	Tony Bennett ZM	\$10			
	182	Johann Sebastian Bach ZM	\$10			
	183	Creedence Clearwater ZM	\$10			
	184	Pelléas et Mélisande	\$10			
	185	Medieval & Traditional Ballads	\$12			

✓ Check (on this side) the classes you would like to take		Office Use Only			
✓	C/#	*Indicates Off-Site Class	Fee \$	In	W
	186	Bobcats Quartet	\$12		
	187	Honky Tonk Singalong*	\$16		
	188	Oasis Entertainers Performance	\$10		
	189	Cruising for Beginners	\$10		
	190	How to Haiku	\$20		
	191	Haiku Revision	\$20		
	192	Creative Self-Exploration	\$10		
	193	Free Write	\$18		
	194	Your Dream Life	\$30		
	195	Living a Soulful Life	\$30		
	196	Quotations	\$10		
	197	Two English Mystics	\$10		
	198	Who was Jesus?	\$10		
	199	Heloise and Abelard	\$10		
	200	Pursuit of Wisdom	\$10		
	201	They Did WHAT??	\$10		
	202	They Did WHAT?? ZM	\$10		
	203	Preditor & Prey ZM	\$10		
	204	Penguin Zoo Tour*	\$18		
	205	Penguin Zoo Tour*	\$18		
	206	Penguin Zoo Tour*	\$18		
	207	Twelve Great Physicians	\$10		
	208	BUGarium Tour*	\$15		
	209	BUGarium Tour*	\$15		
	210	Weather Radar & Satellites	\$10		
	211	Weather Radar & Satellites ZM	\$10		
	212	Extinction Events	\$10		

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	213	Who Invented the Telephone?	\$10		
	214	Mound Builders	\$20		
	215	Wastewater Treatment Tour*	\$18		
	216	Wastewater Treatment Tour*	\$18		
	217	In-Ground Composting *	\$15		
	218	In-Ground Composting *	\$15		
	219	In-Ground Composting *	\$15		
	220	Geology Hike*	\$15		
	221	Geology Hike*	\$15		
	222	Endangered Species Zoo Tour*	\$18		
	223	Endangered Species Zoo Tour*	\$18		
	224	Science Sleuths II	\$10		
	225	Geology of Valles Caldera ZM	\$10		
	226	If the Walls Could Talk	\$10		
	227	ABQ Cannons ZM	\$10		
	228	Hohokam & Mimbres Rock Art ZM	\$10		
	229	Wheels Museum Tour*	\$15		
	230	Civil War in NM	\$10		
	231	Manhattan Project ZM	\$10		
	232	Victorio Peak	\$10		
	233	NM Judges	\$10		
	234	Turkeys in NM	\$10		
	235	Native American Pottery ZM	\$10		
	236	Route 66 at 96	\$10		
	237	iPad Basics	\$25		
	238	iPad Basics	\$25		
	239	iPad Basics	\$25		

[illegible]

☐ Check to "Opt In" to receive occasional group emails from Oasis

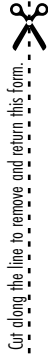
Credit Card # _____ Exp. Date ____/____ CVV/CSC/CVC _____

(please circle) VISA MC DISC

Signature _____

Oasis Albuquerque
PO Box 35518, Albuquerque NM 87176

	CASH/CHECK	CREDIT CARDS	OASIS CREDIT	FINAL BALANCE
For office use only. Please do not write in shaded areas.	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 _____	\$ _____	\$ _____	\$ _____



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.



Cut along the line to remove and return this form.

Oasis Institute/Oasis Albuquerque

American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

NONPROFIT ORG

U.S. Postage

PAID

Albuquerque, NM

Permit No. 482

Registration opens on

Wednesday, January 5, 2022, 10:00am

& continues **throughout** the term.

See pages 58-60.

Classes begin Monday, January 10, 2022

www.twitter.com/OasisAbq

www.instagram.com/OasisAlbuquerque

www.facebook.com/OasisAlbuquerque

Oasis Albuquerque

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Cynthia LaCoe-Maniaci, Health

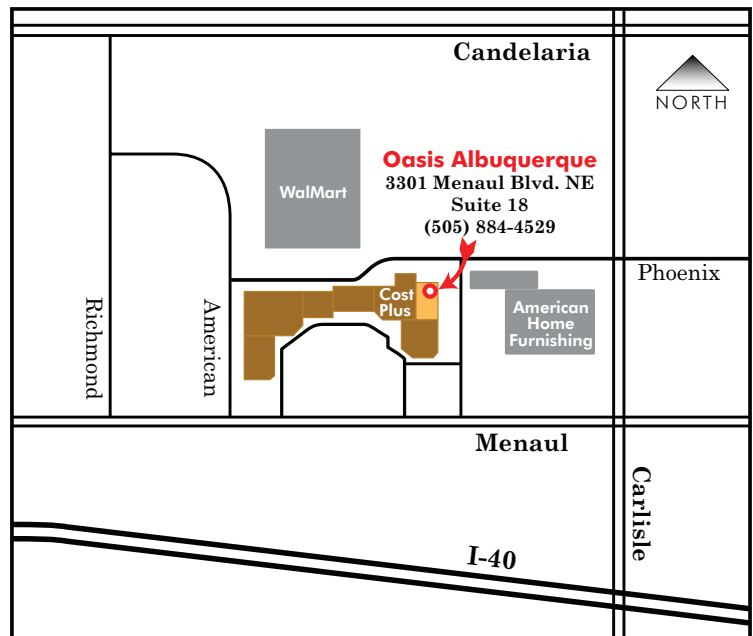
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Lisa Lerner, Program Coordinator

Monica Lopez, Office Manager

Kathleen Raskob, Executive Director

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