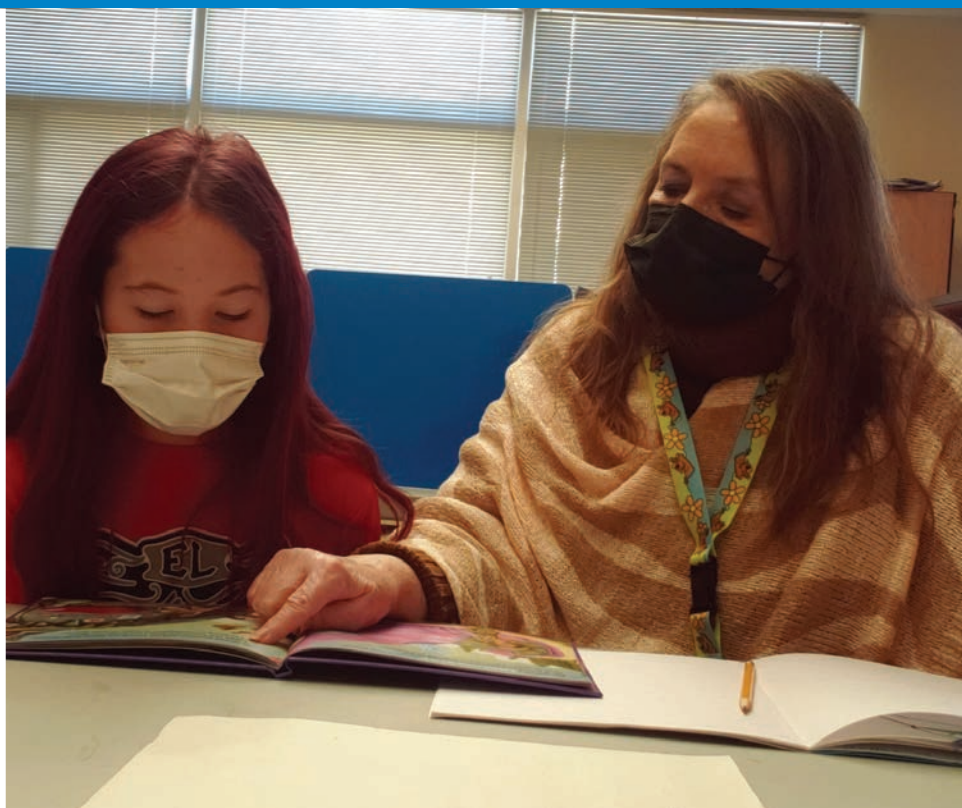


Classes May - August 2022  
Registration Opens  
Wednesday, May 4, 2022 10:00am



# SUMMER 2022

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



Sponsored by:



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



## Dear Oasis Friends,

It's summer at Oasis, and we've got lots of great classes for you, in all different shapes and sizes. If you look at the next page, you'll see "Oasis Class Formats." This provides you with an explanation of all the ways we're bringing our excellent instructors and topics to you, in our best attempt to meet the needs of you, our terrific Oasis members.

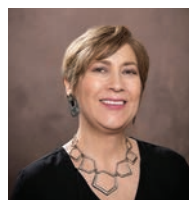
A warm welcome goes out to our newest Oasis team member - Elena Perez. She will work alongside Cynthia LaCoe-Maniaci as a Health & Wellness Coordinator, bringing you timely topics and evidence-based health programming. I encourage you to check out and sign up for our newest evidence-based program - the Aging Mastery Program (page 11, class #122). This low-cost, 10-session class supported by BCBSNM gives you many tools to improve the quality of your life.

We have a new catalog sponsor — Optum New Mexico — welcome and thank you! And thanks to Gary York of Air Pro for donating and installing the HEPA filter in the HVAC system.

Finally, we welcome two new board members to the Oasis family. Chrissy Akes is the Executive Director of The Neighborhood in Rio Rancho. William Itoh is an Oasis instructor and class participant, and he is the former ambassador to Thailand.

*Kathleen*

Kathleen Raskob  
Executive Director



Chrissy Akes



William Itoh

## Our Mission

By 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 is active in over 250 communities and reaches more than 50,000 individuals each year.

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

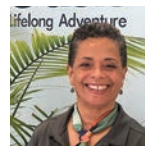
## The Oasis Center

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

American Square Shopping Center  
3301 Menaul Blvd. NE, Suite 18, Albuquerque  
Mail: PO Box 35518 Albuquerque NM 87176  
Phone: (505) 884-4529 Fax: (505) 884-4942

Email: [oasisabq@oasisnet.org](mailto:oasisabq@oasisnet.org)

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



# Oasis Class Formats

Oasis offers classes in five formats. As you browse the catalog you will see icons next to course locations, each representing the class type or location. Offsite locations are also listed on pages 44-45 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](http://www.oasisabq.org).

## Zoom at Oasis Class

Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be at Oasis.

## Oasis Staff Members

Top row: Kathleen Raskob, Monica Lopez, Vicki DeVigne, Becky Kenny

Bottom row: Lisa Lerner, Sylvia Giomi, Elena Perez, Cynthia LaCoe-Maniaci

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

*On the cover*

Left: Juan Tomas Hike

Right: Tutoring, photo courtesy of Mary Dickson



Thank you Oasis volunteer reading mentors for sharing your time and talents in support of elementary students. Your commitment is truly appreciated!

Laurel Anderson	Mary Dickson	Harold Jimenez	Nancy Morgan	Douglas Shaw
Lorraine Baca	Susan Dilts	Jennifer Johns	Stan Mortimer	Elizabeth Shields
Megan Baldrige	Deborah Dobransky	Dolorita Johnson	Marshall Mourar	Hope Sikes
Jan Bandrofchak	Laura Downing	Peggy Johnson	Patricia Nelson	Roxanne Sikes
Debora Barnes	Deborah Doxtator	Carol Kain	Richard Neuman	Jeanne Silliman
Michael Beerman	Georgia Dray	Mary Kamoss	Ruth Nichols	Lori Sjaardema
Carol Benson	Mary Eagle	Deirdre Kann	Nora Nonnenmacher	Vivian Skadron
Janet Benson	Susan Eaton	Jean Kelley	Celeste Nossiter	Joan Smith
Angela Bernard	Barbara Egelman	Sylvia Kelly	Linda Owens	Karen Smoot
Isabel Bernard	Carolyn Ehler	Iris Keltz	Roxanne Pacheco	Mark Solomon
Martha Beyerlein	Marie Evans	Judith Klauber	Melinda PadillaReynolds	Jerri Sones
Mary Bibeau	Elizabeth Fitzgerald	Roberta Knussmann	Michelle Palmer	Trish Spencer
Deborah Blank	Barbara Frames	Jerrett Koenigsberg	Kathy Parker	Rebecca Steele
Pam Bonahoom	Katherine Frost	George Koinis	Timothy Parker	Paula Steinberg
Patti Boughton	Susan Frow	Cheryl Krahn	Betsy Patridge	Elaine Stevens
Francesca Brown	Geraldine Garcia	Lauren Krinsky	Nancy Pierce	Sara Stevenson
Elizabeth Burki	Cheryl Gassaway	Victoria Kuster	Dinah Pierotti	Mayra Tena
Philip Burnham	Frederick Grambort	Victoria Lanzing	Ellen Pompeo	Kyla Thompson
Marylyn Burridge	Steve Grieco	Hazel Lathrop	Ellen Powell	Lillian Torres-Beatty
Patricia Campos Muro	Karen Griffin	Kathie Leeper	Victoria Pratt	Susan Trumbo-Forrer
Shelley Carter	Stanley Griffith	Margot Leverett	Carole Price	Deborah Uhrich
Ellen Castille	Alice Haddix	Joan Levine	Billie Pyzel	Karin Urban
Diane Castillo	Margaret Hall	Max Light	Ruben Ravago	Cynthia Vaughan
Sheryl Cerveney	Dale Halon	Sandra Ligon	Barbara Resnikoff	Avery Ver Helst
Cara Chavez	Nancy Harbert	Jayne Lindberg	Kathryn Rhoads	Linda Vik
Steve Chreist	DeRitha Harding	Catherine Lynch	Lisa Rhodes	Jan Villa
Carolyn Clark	Cate Hartmann	Ruth Maayan	Iris Rinne	Sally Villegas
Ruth Cochran	Arthur Hawkins	Jean MacLeod	Linda Rogers	Margaret Vining
Barbara Cole	Anne Hayes	Kathleen Mandilawi	Pamela Rogers	Victoria Vosa
Kelly Cole	Jan Heinonen	Joan March	Nancy Rosen	Susan Wallack
Jean Conner	Terry Lee Heller	Janis Marston	Diane Ross	Judith Weinstein
Merrie Courtright	Nancy Hendricks	Rita Martinez	James Ross	Norman Weiss
Bryan Crawford	Ellin Hewes	Elizabeth McGrath	Lilia Ruiz	Cheryl Wieker
Corrinne Crawford	Loretta Hilber	Susan McGrath	Kathleen Sallee	Mary Lou Wilson
Niccie Crespin	Patricia Hirschl	Brookes McIntyre	Kyeann Sayer	Patricia Wilson
Gay Crouch	Carol Hobart	Julianne McVay	Patricia Schlosser	Nancy Winger
Valerie Dalton	John Hockert	John Meehan	Karen Schlue	Daniel Wolford
Elizabeth Davidson	Mary Jean Horn	Gail Melanson	Catherine Schmitz	Margaret Wolford
Christine DeHerrera	Joeseoph Huebel	Jean Merritt	Jan Schubert	Sue Wolinsky
Claudia Delaney	Susan Hunt	Ann Meyer-Savignon	Susan Scott	Virginia Woodside
Ann Marie Demling	Cheryl Iverson	Kathleen Meyn	Norman Segel	Jerri Wunder
Cyprian Devine-Perez	Jane Jackson	Kathleen A Miller	Dawn Serrano	Constance Wysocki
Holly DeWees	Donna Jernigan	Teresa Montano	Wendy Shaneyfelt	Theresa Zebrowski
Samantha DeWees		Hazel Morgan		Michele Zulka-King

### The following schools safely welcomed Oasis volunteers into their community this year!

A Montoya; Alvarado; Arroyo Del Oso; Chaparral; Chelwood; Collet Park; Comanche; Corrales; Dennis Chavez; Duranes; EG Ross; Emerson; Georgia O'Keeffe; Helen Cordero; Hodgin; Inez; La Luz; Lew Wallace; Lowell; Manzano Mesa; Mark Twain; McCollum; Mission Avenue; Mitchell; Monte Vista; Montezuma; Mountain View; North Star; Osuna; Pajarito; San Antonito; 7 Bar; Sierra Vista; Sombra Del Monte; Tomasita; Tres Volcanes; Valle Vista; Whittier; Zuni; Gil Sanchez (Belen) and WD Carroll (Bernalillo)

**COVID-19 Safety Practices**

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


**ARTS**
**Introduction to Mosaics:  
Art Workshop**
**100***Jill Gatwood*

*Recent mosaic class masterpiece.  
Photo courtesy of Jill Gatwood*

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

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New

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

<b>Monday</b>	<b>May 23</b>	<b>12:00 - 4:00</b>
<b>Tuesday</b>	<b>May 24</b>	<b>12:00 - 2:00</b>
<b>Fee: \$55</b>	<b>2 sessions</b>	 <b>Oasis</b>

**Albuquerque Convention Center  
Art Tour**
**101**

The Albuquerque Convention Center includes more than 125 works of art on display from the Albuquerque Public Art Collection. On this 75-minute walking tour, explore this outstanding collection of artworks from New Mexico-based artists, including luminaries as well as emerging artists. *Limited enrollment.*

The tour is led by Public Art Program staff.


<b>Wednesday</b>	<b>May 25</b>	<b>10:00 - 11:15</b>
<b>Fee: \$15</b>	 <b>Albuquerque Convention Center</b>	

**Hidden Treasure: Alexander Girard's  
Mural at First Unitarian Church**
**102***Sara Friederich*

A "unique work of organic art" describes the mural in the First Unitarian Church of Albuquerque. The masterpiece is the only one that mid-century, Renaissance man, Alexander Girard created. Girard was an architect, interior designer, textile artist, and furniture designer. The mural was located in the 1964 Bauhaus-style sanctuary

of Albuquerque architect Harvey Hoshour. Hoshour was a mid-century luminary in his own right. He and Girard were close friends. Visit the church to see the mural, learn about the artists, and the moving of the mural. *Limited enrollment.*

Sara Friederich is a long-time member of the First Unitarian Universalist Church. She befriended Hoshour in her professional role in commercial interior design. When the mural was disassembled and moved in 2013 to its home in the new sanctuary, she chaired the committee that determined how to take it apart and re-assemble it.

**Tuesday**                      **May 31**                      **10:00 - 11:30**  
**Fee: \$12**                       **First Unitarian Church**

### **Mosaic Art with Found Objects: Art Workshop** **103**

*Jill Gatwood*

Learn how to mix thin set mortar and create your own unique mosaic art piece using found objects. Thin set is the primary adhesive used for outdoor mosaic murals and sculptures. No grouting required! Bring your own objects: buttons, pebbles, sticks, shells, beads, feathers, etc. to share with the class. An assortment will also be provided by the instructor. Other mosaic techniques using thin set mortar are described and demonstrated. Get ready to tile the outside world in mosaics! *Bring \$15 materials fee payable to instructor at class (cash or check). Limited enrollment.*

*See bio in class #100.*

**Friday**                      **Jun 10**                      **12:00 - 2:30**  
**Fee: \$30**                       **Oasis**


### **Paintings of Edible Treats: Pastel Art Workshop**

**104**

*Susan Roden*

Learn a variety of pastel techniques, then paint two-dimensional life studies of sweet treats. Create three miniature paintings by blending, layering, and mark-making for distinctive styles. Two sessions led by artist Susan Roden begin with group exercises on handling the pastels and use of different substrates. Next create individual paintings capturing vivid colors and interpreting fanciful decorations. *All materials provided; bring materials fee of \$15 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*.

**Thursday & Friday** **Jun 23 - Jun 24**                      **9:30 - 12:30**  
**Fee: \$55**                      **2 sessions**                       **Oasis**

### **Paintings of Edible Treats: Pastel Art Workshop**

**105**

*See description and bio in class #104.*

**Thursday & Friday** **Jul 28 - Jul 29**                      **9:30 - 12:30**  
**Fee: \$55**                      **2 sessions**                       **Oasis**

## Introduction to Quilling: Art Workshop


Elizabeth Potter

106



No, it's not a typo, it's Quilling (not Quilting). Come learn a tiny bit about the history of quilling and a lot about how to create basic quilling shapes. Then, using a kit, make your own quilling masterpiece. After the class you'll be able to make coils, circles, triangles, marquise, and a few more. You'll have the basic tools you need to keep on quilling at home. Be warned, it's addictive! *A materials fee of \$15 is payable to the instructor at class (cash or check). Limited enrollment.*

Elizabeth Potter has been a quilling and paper artist for two years. Not one to follow the rules when it comes to art, she calls her style "traditionally twisted." She is a retired project manager and interior designer. Her work is shown at various locations including on her website: [www.ElizabethPotterDesigns.com](http://www.ElizabethPotterDesigns.com)

**Monday**                      **Jul 11**                      **12:00 - 4:00**  
**Fee: \$30**                       **Oasis**


## Art Nouveau Glass: The Creative Revolution in Glass Design

107

Cathy Dahms


Art Nouveau, "New Art," was a radical change that occurred in the decorative arts around 1890. Glass was an excellent medium to express the sinuous, organic style of Art Nouveau because of its fluid nature. Tiffany, Loetz, Gallé, Daum, Lalique, Steuben - see examples of their glass and explore the history behind these great glasshouses and dozens of other glass artists that exemplified the beauty of Art Nouveau glass.

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 at the Corning Museum of Glass, the Museum of American Glass in West Virginia, and museums throughout the Czech Republic. She is an active member of numerous glass organizations.

**Wednesday**                      **Jul 27**                      **2:30 - 4:00**  
**Fee: \$10**                       **Oasis**

## Art Nouveau Glass: The Creative Revolution in Glass Design ZOOM 108

*See description and bio in class #107.*

**Wednesday**                      **Jul 27**                      **2:30 - 4:00**  
**Fee: \$10**                       **Zoom**

## Introduction to Metalsmithing: Art Workshop

109

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**      **Aug 3**      **10:00 - 2:00**  
**Fee: \$100**       **Meltdown Studio**

## CONSUMER INFORMATION & FINANCE

### Not Planning to Die with “The Kominsky Method”

**110**

*Gail Rubin*

As the saying goes, getting old ain’t for sissies. Aging holds challenges for all of us: physical declines, beloved people and pets dying, and unrelenting changes, many not for the better. With video clips from the award-winning Netflix series, “The Kominsky Method,” laugh and learn about planning ahead for end-of-life. *Note: Sensitive language warning – brilliant script writing with curse words in many of the clips.*

Gail Rubin is a Certified Thanatologist, a pioneering death educator who uses humor and film clips to teach about planning ahead for end-of-life issues. She is an award-winning author and speaker. She is the president of Historic Fairview Cemetery.

**Tuesday**      **Aug 9**      **2:30 - 4:00**  
**Fee: \$10**       **Oasis**

*See also class #122.*

## CURRENT EVENTS

### Autonomous Vehicles: What the Future Holds


**111**

*Charles Fleddermann*



Autonomous vehicles, cars that drive themselves unaided by humans, have been tested in many cities around the US and the world. Indeed, many currently available automobiles are equipped with some level of ability to self-drive. In this talk, we look at the current autonomous vehicles, learn how they operate, and look at the challenges ahead to make this technology more widely available and useful.

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

**Wednesday**      **Jun 8**      **2:30 - 4:00**  
**Fee: \$10**       **Oasis**

## Cannabis: Behind the Scenes at Ultra Health's Manufacturing Lab 112

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

Tuesday Jun 14 9:30 - 10:30  
Fee: \$18  Bernalillo Cannabis Dispensary

## Cannabis: Behind the Scenes at Ultra Health's Manufacturing Lab 113

*See description in class #112.*

Tuesday Jun 14 11:00 - 12:00  
Fee: \$18  Bernalillo Cannabis Dispensary

## FILM



## Marilyn Monroe: Hollywood Icon ZOOM at Oasis\* 114

*Jane Ellen*

Marilyn Monroe (1926-62) was perhaps the most famous product of the Hollywood film industry. Her image was fashioned, shaped, and endlessly remade, until studio executives felt their investment had been brought to fruition. Behind the breathy whispers and seductive walk was a young woman who aspired to be taken seriously as a dramatic actress and musical performer. She came close to achieving her dream, but tragically, her life ended far too soon.


*\*Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be in person at Oasis.*

Jane Ellen shares her eclectic interests via Zoom from Central Florida's Space Coast. Specializing in music and entertainment history, she works to bring her subjects to life while making 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 an independent scholar, performer, composer, and recording artist.

Monday May 23 12:30 - 2:30  
Fee: \$10   Zoom at Oasis

## Marilyn Monroe: Hollywood Icon ZOOM 115

*See description and bio in class #114. This class is zoomed at home.*

Monday May 23 12:30 - 2:30  
Fee: \$10  Zoom


## The Films of Alfred Hitchcock ZOOM 116

*Brian Rose*

Alfred Hitchcock is probably the most famous film director who ever lived. He made 54 films, including classics such as *Rebecca*, *Rear Window*, *North by Northwest* and *Psycho*. Few filmmakers have been as popular and critically celebrated as a director but also as a multi-media showman through his TV series, magazines, and books. This presentation looks at his achievements as "the master of suspense" and examines his creativity as one the 20th century's greatest filmmakers.

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.

**Wednesday**      **Jul 20**      **12:30 - 1:45**  
**Fee: \$10**       **Zoom**

## FOOD & NUTRITION

### Valencia Flour Mill Tour **117**

*Jose D. & Kathy Cordova*

The Valencia Flour Mill was built in 1914 and has a rich family history of producing flours through today. Three generations of the Cordova family have operated the mill in Jarales, NM (near Belen), from the founder Jose Cordova, to the current operators, his grandson, Jose D. Cordova, and his grandson's wife, Kathy. See the original wood and steel machines that produce the flour products along with the technical modifications that help manufacture today's flours and mixes. Visit the retail store on site before you leave! *Limited Enrollment.*

Jose and Kathy Cordova operate the heritage Valencia Flour Mill. Jose earned his milling engineering degree from Kansas State University before returning to the Middle Rio Grande Valley to update and operate the family flour mill. Kathy helps to market their flours and mixes at food service shows and kitchens.

**Monday**      **Jun 6**      **9:30 - 11:00**  
**Fee: \$18**       **Valencia Flour Mill**

### Jaramillo Vineyard Tour **118**

*Barbara & Robert Jaramillo*

Back by popular demand! 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. He follows 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 on a home-production scale. The current ten-acre vineyard was all lovingly planted with the help of friends and family.

**Wednesday**      **Jun 8**      **10:00 - 1:00**  
**Fee: \$25**       **Jaramillo Vineyards**

### Eurozone Food Distributors Tour **119**

*Devon Day*

Join Devon Day, owner of Eurozone Food Distributors, for a tour of the market and a sampling of wares. Eurozone carries all kinds of food and drink from Europe, foods that you won't find in your typical grocery store. Are you looking for some new cheese and cold cuts to try? Or something entirely new like a roasted red pepper spread called ajvar? Eurozone provides a wide variety of interesting foods to help you explore a different culture or add some new flavors to your menu. *Limited enrollment.*

Devon Day is a native New Mexican who loves travel, eating, and bringing interesting food options to Albuquerque. She has owned Eurozone for seven years, and she loves serving her customers!

Thursday Jun 23 10:00 - 11:00  
 Fee: \$15  Eurozone Food Distributors

**Mindful Eating** 120  
 Pamela Cook



Mindfulness is the capacity to bring full attention and awareness to one's experience in the moment and free from judgment. Mindful eating brings an awareness to food choices and the nourishing experience of eating. Benefits of this practice include reconnecting to your innate wisdom about hunger and satiety, freeing yourself from reactive patterns around food and eating, and nourishing not only the body but the heart.

Pamela Cook is a registered and licensed dietitian, yoga teacher, integrative and functional nutrition certified practitioner, and wellness educator. She believes that mindful practices and principles can bring balance into our lives and nourish both mind and body. She frequently weaves mind/body/movement recommendations into her counseling as a clinical nutritionist for a specialty primary care

clinic for UNM Medical Group in Albuquerque. She is a graduate of the Culinary Institute of America.

Friday Aug 12 10:00 - 11:30  
 Fee: \$10  Oasis

**Mindful Eating ZOOM** 121  
 See the description and bio in class #120.

Friday Aug 12 10:00 - 11:30  
 Fee: \$10  Zoom

## HEALTH & FITNESS: LECTURE

**Aging Mastery Program®** 122

The Aging Mastery Program® (AMP) is a 10-class program designed to empower you to make and maintain small but impactful changes in your life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give you the skills and tools you need to achieve measurable improvements in managing health, enhancing well-being, remaining economically secure, and increasing societal participation. Each class, a different expert speaker discusses important topics as they relate to aging. Topics range from exercise, healthy eating, finances, and living wills to sleep, medication management, community engagement, and healthy relationships. This evidence-based program was developed by the National Council on Aging (NCOA). *Bag, workbook, classes, refreshments, and additional materials included—a value of over \$150. Limited enrollment.*

**This class is supported by a Healthy Kids, Healthy Families grant from Blue Cross and Blue Shield of New Mexico.**

Wednesdays May 18 - Jul 20 10:00 - 12:00  
 Fee: \$25 10 sessions  Oasis

## Alzheimer's Caregiver Support Group ZOOM 123

Alzheimer's Association support groups provide emotional, educational, and social support through regularly scheduled meetings where strict confidentiality is maintained. Support groups help participants develop coping methods and encourage the maintenance of their personal physical and emotional health, as well as optimal care for the person living with Alzheimer's or other dementias. Groups can have social, educational, and/or support components. This group meets the third Friday of each month.

This group will be facilitated by a trained volunteer from the Alzheimer's Association of New Mexico.

**Fridays** **May 20 - Aug 19** **10:30 - 11:30**  
**Fee: Free** **4 sessions**  **Zoom**

## What is Sleep? Why is it Important? 124


Janice Knoefel



"Innocent sleep. Sleep that soothes away all our worries. Sleep that puts each day to rest. Sleep that relieves the weary labourer and heals hurt minds. Sleep, the main course in life's feast, and the most nourishing." Shakespeare's description in *Macbeth* captures the restorative properties of sleep. Join Dr. Knoefel for an exploration of the science of sleep. What does it do for us? How


do we measure it? What happens if I don't sleep enough? How can I improve my sleep?

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

**Thursday** **May 26** **2:30 - 4:00**  
**Fee: \$10**  **Oasis**

## What is Sleep? Why is it Important? ZOOM 125

See description and bio in class #124.


**Thursday** **May 26** **2:30 - 4:00**  
**Fee: \$10**  **Zoom**

## Relief for Painful Feet & Ankles 126

Janet Simon

Foot and ankle pain is not normal, but it is common. Join us for a review of the most common foot/ankle problems that are treated by podiatric physicians and recommendations for how these can be treated. Learn best practices for avoiding recurring foot/ankle problems focusing on non-surgical treatments.

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


**Wednesday** **Jun 1** **10:00 - 11:30**  
**Fee: \$10**  **Oasis**

## Are You Taking Too Many Meds? ZOOM 127

Chris McFarland

As we age, many of us accumulate aches and ailments, as well as medications to treat them. Polypharmacy—the use of more medications than is really necessary—is common and can do more harm than good. Learn risk factors for, types of, and consequences of polypharmacy, followed by recommended tools for minimizing the potential harms. This includes the ins and outs of the planned process of reducing or eliminating medications that are no longer helping or are actually causing harm.

Chris McFarland is a clinical ambulatory care pharmacist and Certified Diabetes Care and Education Specialist. He holds a BS in pharmacy from the University of North Carolina (UNC) at Chapel Hill and a Doctorate of Pharmacy from UNC. He has experience in hospital and outpatient pharmacy practice, pharmaceutical industry, federal clinics, and academic medical center clinics.

Friday Jun 3 10:00 - 11:30  
Fee: \$10  Zoom

## Angst, Anxiety, & Depression in Older Adults: Is COVID-19 to Blame? 128

Jack Bishop

Have older adult affective disorders (angst, anxiety, depression) worsened as a result of the pandemic? Join Bishop for a discussion that investigates this question, based upon scientific inquiry and published results. In addition, he discusses common scales the research community uses to identify affective disorders.

Jack Bishop is a social gerontologist and researcher. He has a master's degree in gerontology and a PhD in multidisciplinary human services. He is retired from three separate careers: military,

industry, and business. He is a published author on aging-related topics and developed aging-related programs for public and private enterprise. He has lectured nationally and internationally.

Monday Jun 6 12:30 - 2:00  
Fee: \$10  Oasis

## Respiratory Muscle Strength & Falls Prevention ZOOM 129

Janet Popp

We all know that strong legs are helpful for preventing a fall, but did you know respiratory muscle strength is also associated with risk of a fall? Learn how the respiratory muscles contribute to your balance, steadiness of walking, and falls prevention. Discover what you can do to strengthen your own respiratory muscles.

Janet Popp, PT, MS, is a home health physical therapist and holds a master's in gerontology. She is adjunct faculty at UNM Health Sciences Center Division of Physical Therapy, chair of the New Mexico Adult Falls Prevention Coalition, and has a contract with the NM Department of Health to conduct falls prevention trainings for healthcare professionals.

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

## A Matter of Balance 130

Ilene Dunn & Cindy Russell

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-week, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (in classes #3 through 8) of very gentle, seated physical activity education to help you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity, all with the

support of your peers. *Please note, this is an interactive, discussion-focused workshop. Limited enrollment.*

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

Ilene Dunn is a certified personal trainer, specializing in senior fitness and the maintenance of strength, balance, and an active lifestyle. She is a senior trainer with the Tai Chi for Health Institute and a Matter of Balance master trainer. She loves to exercise and is also trained in, or certified to teach, Tai Ji Quan Moving for Better Balance, Silver Sneakers programs, and Enhance Fitness.

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 a master trainer in Matter of Balance and is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

**Wednesdays Jun 15 - Aug 3 1:00 - 3:00**  
**Fee: Free 8 sessions Oasis**

**Habits for a Healthy Gut 131**  
*Renee Euler*

Are you curious about gut health? Do you hear about it in the media and see products promoting gut health in the grocery store? Learn more about gut health: what is it, what is hype and what is not, and most importantly how you can use food

and lifestyle to successfully move your own gut health in the right direction.

Renee Euler is a registered dietitian nutritionist in private practice specializing in gastrointestinal disorders. She has a strong interest in celiac disease and irritable bowel syndrome, having suffered from both for many years. She received both her bachelor's and master's in nutrition from the University of New Mexico. Renee is also a faculty member at CNM.

**Thursday Jun 16 12:00 - 1:30**  
**Fee: \$10 Oasis**

**Meditation: A Transforming Practice in Turbulent Times 132**

*Rennie Maguire*

Meditation is an invaluable practice to help you flow through the confusion and chaos of our times. In this workshop, learn meditation postures, how to regulate your breath, and how to calm your mind, all while expanding your awareness. You learn to observe your thoughts and feelings, then let them go in the silence. Learning these skills to practice regularly at home helps you release stress and cultivate a sense of harmony and peace.

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. She has taught hundreds of meditation workshops in Oregon, New York, and New Mexico, in an array of settings. Her website is [www.waterlilyworkshops.com](http://www.waterlilyworkshops.com).

**Wednesday Jul 20 10:00 - 11:30**  
**Fee: \$10 Oasis**

## Navigating the Health Care System 133

*Nitin Budhwar*

Short appointments, long waits, high healthcare provider turnover: navigating the health care system can be difficult and frustrating. Join Dr. Budhwar for insights on how to make the most of your appointments, when you can schedule directly with a specialist and when a referral is helpful, and how to achieve continuity of care.

Nitin Budhwar, MD and Fellow of the American Academy of Family Physicians, is Chief of Geriatric Medicine at the University of New Mexico. He is board certified in Family Medicine and Geriatric Medicine. His interests include primary care delivery systems improvement and electronic health record optimization.

<b>Monday</b>	<b>Aug 1</b>	<b>10:00 - 11:30</b>
<b>Fee: \$10</b>		 <b>Oasis</b>

## Hands-Only CPR & AED Use with the Resuscitation Rangers 134

## Resuscitation Rangers



Back by popular demand! Do you know the signs and symptoms of a heart attack? Could you help someone if they were having one? The Resuscitation Rangers teach you the principles of Early Heart Attack Care, 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.

Thursday	Aug 18	1:00 - 2:30
Fee: \$5		 Oasis

**Foot Care Clinic** **135-147**

*Janet Simon*

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 podiatrist in a private appointment at Oasis. **Class details include a window of time in which your appointment will be booked. Once registered, Oasis will call you to book your specific 15-minute appointment on your selected date. Payment is due when you register.** *Note: While we welcome your enrollment in multiple appointments, please allow 8 weeks between appointments.*

**This service is offered at \$10 with support from a Healthy Kids, Healthy Families grant from Blue Cross and Blue Shield of New Mexico. You do not need to be a BCBSNM member, nor will your insurance be billed for this visit.**

Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board-certified

podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

**Foot Care Clinic** **135**  
Monday May 09 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **136**  
Friday May 13 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **137**  
Friday May 27 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **138**  
Friday Jun 10 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **139**  
Friday Jun 17 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **140**  
Monday Jun 27 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **141**  
Friday Jul 08 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **142**  
Friday Jul 15 1:00 - 4:00  
Fee: \$10 Oasis

**Foot Care Clinic** **143**  
Friday Jul 22 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **144**  
Friday Aug 5 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **145**  
Friday Aug 12 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **146**  
Monday Aug 22 9:00 - 12:00  
Fee: \$10 Oasis

**Foot Care Clinic** **147**  
Friday Aug 26 9:00 - 12:00  
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** **148**

*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 is performed in a slow, flowing manner, coordinated


with natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *No class Monday, May 30 (holiday); makeup class on Friday, June 3. Limited enrollment.*

See bio in class #130.

**Mondays, Wednesdays, & 1 Friday** May 9 – Jun 29  
9:00 - 10:00  
Fee: Free 16 sessions  Oasis


### Tai Ji Quan: Moving for Better Balance ZOOM 149

See description in class #148 and bio in class #130.  
*No class Monday, May 30 (holiday); makeup class on Friday, June 3. Limited enrollment.*

**Mondays, Wednesdays, & 1 Friday** May 9 – Jun 29  
9:00 - 10:00  
Fee: Free 16 sessions  Zoom


### Tai Ji Quan: Moving for Better Balance 150

See description in class #148 and bio in class #130.  
*Please note, last class is on Friday, August 26. Limited enrollment.*

**Mondays, Wednesdays, & 1 Friday** Jul 6 - Aug 26  
9:00 - 10:00  
Fee: Free 16 sessions  Oasis

### Tai Ji Quan: Moving for Better Balance ZOOM 151

See description in class #148 and bio in class #130.  
*Please note, last class is on Friday, August 26. Limited enrollment.*

**Mondays, Wednesdays, & 1 Friday** Jul 6 - Aug 26  
9:00 - 10:00  
Fee: Free 16 sessions  Zoom

## Tai Chi for Health


Ilene Dunn

152




Are you interested in reducing joint pain and improving your balance through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class, known formally as Tai Chi for Arthritis and Fall Prevention, has been shown to ease joint pain and improve balance. The program was developed by Paul Lam, MBBS, with other medical professionals and tai chi experts of the Tai Chi for Health Institute. Movements are from Sun style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *Limited enrollment.*

See bio in class #130.

**Tuesdays & Thursdays** May 10 - Jun 30  
11:00 - 12:00  
Fee: Free 16 sessions  Oasis

### Tai Chi for Health ZOOM 153

See description in class #152 and bio in class #130.

**Tuesdays & Thursdays** May 10 - Jun 30  
11:00 - 12:00  
Fee: Free 16 sessions  Zoom

## Tai Chi for Health 154

See class description in class #152 and bio in class #130.

Tuesdays & Thursdays Jul 5 - Aug 25

11:00 - 12:00

Fee: Free 16 sessions Oasis

## Tai Chi for Health ZOOM 155

See class description in class #152 and bio in class #130.

Tuesdays & Thursdays Jul 5 - Aug 25

11:00 - 12:00

Fee: Free 16 sessions Zoom

## Yoga for Happy Feet 156

Gloria Drayer



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 it is also ideal even if you simply want to keep them healthy. Gloria has poses perfect for hammertoes, plantar fasciitis, bunions, and more. *This class will be done standing or sitting. No yoga mats needed. No prior yoga experience is 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*.

Tuesday May 24 2:00 - 3:15

Fee: \$10 Oasis

## Yoga for Happy Feet ZOOM 157

See description and bio in class #156.

Tuesday May 24 2:00 - 3:15

Fee: \$10 Zoom

## Qigong 158

Marcia Pincus

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

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

Fridays May 27 - Jun 24 1:00 - 2:00

Fee: \$40 5 sessions Oasis

## Stretch & Relax

159

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 #130.

Fridays  
Fee: \$24

Jul 29 - Aug 12  
3 sessions

9:00 - 10:00  
 Oasis

## Stretch & Relax ZOOM

160

See description in class #159 and bio in class #130.

Fridays  
Fee: \$24

Jul 29 - Aug 12  
3 sessions

9:00 - 10:00  
 Zoom

## Yoga for Better Sleep

161

Gloria Drayer

Do you have difficulty falling and staying asleep at night or feeling rested in the morning? Yoga can help. Gentle yoga before bed can ease your mind and reduce tension. Learn some simple yoga and breathing techniques to help you sleep better. We will be lying down to practice several of these techniques, but seated variations are available. *Please bring a mat if you have one. No prior yoga experience is necessary. Limited enrollment.*

See bio in class #156.

Tuesdays  
Fee: \$20

Aug 9 - Aug 16  
2 sessions

2:00 - 3:15  
 Oasis

## Yoga for Better Sleep ZOOM

162

See description in class #161 and bio in class #156.

Tuesdays  
Fee: \$20

Aug 9 - Aug 16  
2 sessions

2:00 - 3:15  
 Zoom

## A Taste of Tai Chi Chih ZOOM

163

Ellen Tatge

Have you wondered what Tai Chi Chih is and why it is so widely recommended, particularly for better balance, mental focus, and its calming effects? Tai Chi Chih is a modern form of tai chi that is easy to learn and practice. In this one-session class, practice several movements and learn the principles behind the practice. Even a short taste of this moving meditation is a useful tool to enhance health and well-being. *Limited enrollment.*

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is a certified instructor and has been practicing and teaching Tai Chi Chih for more than 30 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.

Thursday  
Fee: \$10

Aug 11

9:00 - 10:00  
 Zoom

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## HISTORY & CULTURE


### Travelers in Sixteenth Century Europe

164

Charles Steen

This lecture concentrates on six famous travelers who did extensive traveling between 1500 and 1600. They include Albrecht Dürer, Ghiselin de Busbecq, Ludovico Guicciardini, Jan Uttenhove, Philip Sidney, and Michel de Montaigne. Each traveler had a different approach but all produced fascinating accounts of a rapidly changing Europe.

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

Monday May 16 12:30 - 2:00  
Fee: \$10  Oasis

### Untold Stories of the American Revolution ZOOM at Oasis\*


165

Richard Bell

Most people know something about the American Revolution and about the Founding Fathers. But the full story of the Revolution requires us to look beyond their lives and expand its cast of characters. This lecture examines four other revolutionary lives: an immigrant propagandist, a female soldier, a fugitive from slavery, and the grieving widow who became the most important Native American leader during the war.

*\*Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be in person at Oasis.*

Richard Bell is a professor of history at the University of Maryland. He is the author of the book *Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home*. He is the recipient of more than a dozen teaching awards and the National Endowment for the Humanities Public Scholar Award. He is a fellow of the Royal Historical Society.


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

*See also class #203.*

### Untold Stories of the American Revolution ZOOM

166

*See description and bio in class #165. This class is zoomed at home.*

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

### Weapons of the Ancient Western World


167

Richard Field

Explore some of the more prominent weapons used by ancient armies in the western world. Examples include: slings, swords, shields, etc. Examine how the weapons were made, how they were used, and to a limited extent, how effective they were. Join us as we peer behind the curtain of ancient battles and learn about the weapons of the everyday soldier.

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

history and senior humanities in 1994. He is also a contributor to *Ancient History Magazine*.

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

### **Cathedrals of the German Rhineland, 1000-1300** **168**

*Charles Steen*

The German lands between Lubeck and Constance developed a unique culture in the medieval period. They had never been ruled by Rome and they created a powerful and distinct political and religious unit following the collapse of the Roman Empire. This lecture is concentrated on the powerful political and religious creations of the period.

*See bio in class #164.*

**Monday**                      **Aug 8**                      **12:30 - 2:00**  
**Fee: \$10**     **Oasis**

### **The Vikings: Brutal Barbarians or Peerless Pioneers** **169**

*Timothy Graham*



The Vikings burst onto the historical scene in 793 when they attacked Lindisfarne, one of the richest monasteries of northern Europe and a cultural icon. They quickly acquired a reputation as devastating raiders. Yet they also accomplished much that was highly positive: they were master naviga-

tors, established trading networks that stretched well beyond Europe, and founded a short-lived colony in North America. This class investigates the contrasting and even contradictory aspects of the Viking legacy.

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**                      **Aug 22**                      **12:30 - 2:00**  
**Fee: \$10**     **Oasis**

### **The Vikings: Brutal Barbarians or Peerless Pioneers ZOOM** **170**

*See description and bio in class #169.*

**Monday**                      **Aug 22**                      **12:30 - 2:00**  
**Fee: \$10**     **Zoom**

## LITERATURE

### Austin Book Group

**171**

Mary Bibeau

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: May 10 - *The Woman Warrior: Memoirs of a Girlhood Among Ghosts* by Maxine Hong Kingston, June 14 - *Snow Falling on Cedars* by David Guterson, July 12 - *The Invisible Man* by H.G. Wells, and Aug 9 - *Girl with the Pearl Earring: A Servant's Life, a Master's Obsession, a Matter of Honour* by Tracy Chevalier. *Limited enrollment.*

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

**Tuesdays**      **May 10 - Aug 9**      **1:30 - 3:00**  
**Fee: \$10**      **4 sessions**       **Oasis**


### Summit Book Group

**172**

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections are: May 17 - *Everything I Never Told You* by Celeste Ng, June 21 - *Middlesex* by Jeffrey Eugenides, July 19 - *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray and Aug 16 - *Klara and the Sun* by Kazuo Ishiguro. *Limited enrollment.*

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

**Tuesdays**      **May 17 - Aug 16**      **11:00 - 12:30**  
**Fee: \$10**      **4 sessions**       **Oasis**

### Holmes Book Group ZOOM


**173**

Betty Whiton & Mary Tabor

The Holmes Book Group meets on the third

Tuesday of each month. Book selections are May 17 - *The Lincoln Highway* by Amor Towles, June 21 - *Founding Mothers: The Women Who Raised Our Nation* by Cokie Roberts, July 19 - *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz, and Aug 16 - *It Can't Happen Here* by Sinclair Lewis. *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**      **May 17 - Aug 16**      **1:00 - 2:30**  
**Fee: \$10**      **4 sessions**       **Zoom**


### West Mesa Book Group

**174**

Linda Castagneri & Mary Herrmann Hughes

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: May 18 - *Anxious People* by Fredrik Backman, June 15 - *Caste: The Origins of Our Discontents* by Isabel Wilkerson, July 20 - *The Love Songs of W.E.B. Du Bois* by Honorée Fanonne Jeffers, Aug 17 - *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk and Antonia Lloyd-Jones. *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 10 years.

**Wednesdays**      **May 18 - Aug 17**      **1:30 - 3:00**  
**Fee: \$10**      **4 sessions**       **Open Space**  
**Visitor Center**

**The Brilliance & Tragedy of Edgar Allan Poe ZOOM** 175

Jane Ellen



Mention the word “nevermore” and at least a few people will recognize the famous poem “The Raven” by Edgar Allan Poe (1809-49). Fewer will know the real story behind this author, editor, and critic who died at the age of 40. Poe laid the basis for detective fiction and inspired Jules Verne, H. P. Lovecraft, Alfred Hitchcock, and others, with his chilling macabre tales.

See bio in class #114.

Monday Aug 1 12:30 - 2:30  
 Fee: \$10 Zoom

Share your joy of reading with a student! Join our Oasis tutoring team.

Contact Vicki DeVigne at 505-884-4529 for next steps.

**MUSIC**

**Singing the Show Tunes** 176

Irma Reeder & Scott Hooker

Do you enjoy singing? We are live and in person! In addition to singing and enjoying being together, these classes include gentle physical movement, vocal exercise, basic music theory, singing technique, and musical history. We will be learning new songs and renewing old friendships. As well as singing our group songs, members are encouraged to strut their stuff and sing their favorites with solos, duets, and ensembles! There will be 3 performances at the end of the semester, so we can have fun sharing our music. *Note: Participants are not required to read music or have previous musical experience to join us.*


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 May 17 - Aug 16 10:15 - 11:45  
 Fee: \$65 14 sessions Oasis

**Glen Campbell: Gentle on My Mind ZOOM** 177

Jane Ellen


Guitarist and singer-songwriter Glen Campbell (1936-2017) also worked as an actor and session musician. In a career spanning five decades he sold 45 million albums worldwide, making history in 1967 by winning four Grammys. Many remember hits like “Wichita Lineman,” “Gentle on My Mind,” and “Rhinstone Cowboy,” but few may be aware of his friendship with Elvis Presley, his work

**Tuesday**                      **May 17**                      **12:30 - 2:30**  
**Fee: \$10**                       **Zoom**

Herb Alpert: *This Guy's in Love with You* ZOOM 178

There's a lot more to trumpeter Herb Alpert (1935- ) than just the Tijuana Brass. Alpert is one of two musicians to reach No. 1 on the Hot 100 chart as both a vocalist and an instrumentalist. He has released five No. 1 albums, earned nine Grammys, and sold 72 million records worldwide. In 1962, he co-founded A&M Records with Jerry Moss. Their label's catalogue included many major musical acts of the day.

*See bio in class #114.*

**Friday**                      **May 20**                      **10:00 - 12:00**  
**Fee: \$10**                       **Zoom**

**Claude Debussy: A Quiet Revolutionary**  
**ZOOM 179**

Claude Debussy (1862-1918) lived long enough to witness the century of the airplane, but died before being able to write a musical impression of manned flight. A visionary composer and one of the pillars of modern music, Debussy rejected the label of impressionist. His non-traditional use of western scale patterns, as well as his use of chromaticism, influenced a new generation of musicians. His piano works, chamber music, and operatic and orchestral compositions remain popular with audiences today.


*See bio in class #114.*

**Wednesday**      **May 25**      **10:00 - 12:00**  
**Fee: \$10**       **Zoom**

**Queen Latifah: Actress, Musician, & Rapper ZOOM 180**

Dana Elaine Owens' (1970- ) stage name came from a childhood nickname meaning delicate or sensitive. As Queen Latifah, she launched a wave of female rappers, helping to redefine the male genre before becoming an award-winning actress. Today she is known as a major influence to R&B, soul, and hip-hop artists, for a variety of films including *Chicago* and *The Secret Life of Bees*, and for her portrayal of Bessie Smith in the HBO TV film *Bessie*.

*See bio in class #114.*


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

## Musical Theater Star Bernadette Peters ZOOM 181

Jane Ellen

During a career spanning more than six decades, Bernadette Peters (1948- ) has been a star of stage and screen, given solo concerts, recorded albums, and written books for children. She is also regarded by many as the foremost interpreter of the works of Stephen Sondheim. Her profession as a singer and actress has been critically acclaimed since her youth, and she continues to maintain a dizzying schedule of personal appearances and film work.

*See bio in class #114.*


Thursday Jun 9 2:30 - 4:30  
Fee: \$10  Zoom

## Jazz Legend: Cornetist Bix Beiderbecke ZOOM 182

Jane Ellen

Bix Beiderbecke (1903-1931) died at 28, but not without leaving his mark on jazz and popular music. One of the most tragic figures in early jazz, Bix was also one of the most important. His all-too-short legacy is often overlooked in favor of artists whose lives were longer, richer, and ultimately, more successful. Louis Armstrong once said "Lots of cats tried to play like Bix; ain't none of them play like him yet."

*See bio in class #114.*

Monday Jun 13 10:00 - 12:00  
Fee: \$10  Zoom

## Giacomo Puccini: Fast Cars, Cigarettes, & Opera ZOOM 183

Jane Ellen

Giacomo Puccini (1858-1924) is not only one of the most beloved operatic composers, but one

of the most colorful. His use of soaring melodies combined with dramatic realism resulted in masterpieces which remain standards in the repertory of the world's opera houses. Despite his assertion that "writing an opera is difficult" Puccini remains Verdi's only true successor. His work is illustrated by excerpts from his most famous operas, including *La Bohème*, *Madama Butterfly*, and *Tosca*.

*See bio in class #114.*


Wednesday Jun 22 10:00 - 12:00  
Fee: \$10  Zoom

## David Bowie, Ziggy Stardust, & Spiders from Mars ZOOM 184

Jane Ellen

David Robert Jones, better known as David Bowie (1947-2016) chose to hide his terminal illness from fans for as long as possible, while writing and recording his final album, *Blackstar*. This singer-songwriter and actor maintained a high-profile career in popular music for more than half a century, becoming one of the world's best-selling music artists of all time. This class explores not only his eclectic catalogue of songs, but the fascinating man behind the music.

*See bio in class #114.*

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

## Arthur Fiedler: Half a Century with the Boston Pops ZOOM at Oasis\* 185



Jane Ellen

The son of Austrian Jewish immigrants, Arthur Fiedler (1894-1979), studied in Berlin before returning stateside to work as a violinist in the Boston Symphony Orchestra. Perhaps best known for leading the Boston Pops, he also worked with the San Francisco Pops for 26 summers and conducted

many other orchestras around the world. He was also an avid sailor and an Honorary Captain in the Boston Fire Department.


*\*Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be in person at Oasis.*

*See bio in class #114.*

**Monday** **Jun 27** **12:30 - 2:30**  
**Fee: \$10**   **Zoom at Oasis**

### **Arthur Fiedler: Half a Century with the Boston Pops ZOOM 186**

*See description in class #185 and bio in class #114. This class is zoomed at home.*


**Monday** **Jun 27** **12:30 - 2:30**  
**Fee: \$10**  **Zoom**

### **Stairway to Heaven: Led Zeppelin ZOOM 187**

*Jane Ellen*

With music influenced by blues, folk, and *The Lord of the Rings*, Led Zeppelin thrived for 12 glorious years until the death of drummer John Bonham. Although Jimmy Page, Robert Plant, and John Paul Jones have reunited over the years, often with Bonham's son Jason taking his father's place, the reunions have been short-lived. Led Zeppelin remains one of the best-selling groups of all time, with total sales estimated between 200-300 million units worldwide.

*See bio in class #114.*


**Monday** **Jul 11** **12:30 - 2:30**  
**Fee: \$10**  **Zoom**

### **La Vie en Rose: Life & Legend of Edith Piaf ZOOM 188**

*Jane Ellen*

With a background shrouded in mystery, Edith Piaf (1915-63) became France's national chanteuse and one of the country's most widely known international stars. Diminutive in stature, yet enormously gifted, Piaf used her vocal skills and insightful ballad interpretations to captivate audiences on both sides of the Atlantic. Explore the myth, the mystique, and the music of "The Little Sparrow."

*See bio in class #114.*


**Friday** **Jul 15** **12:30 - 2:30**  
**Fee: \$10**  **Zoom**

### **Remembering Rosie: The Rosemary Clooney Story ZOOM 189**

*Jane Ellen*

Rosemary Clooney (1928-2002) has been referred to as "one of the best friends a song ever had." Her career spanned six decades during which she became one of America's most beloved entertainers on vinyl, in films, on radio, and on television. When she received her Lifetime Achievement Grammy Award in 2002, few realized that this marked her achievements not only in music, but in life, for Clooney was nothing if not a true survivor.

*See bio in class #114.*

**Tuesday** **Jul 19** **2:30 - 4:30**  
**Fee: \$10**  **Zoom**


### **Burl Ives: From Folk to Tennessee Williams to Rudolph ZOOM 190**

*Jane Ellen*

From the 1940s-60s, Burl Ives (1909-95) was a well-known interpreter of American folk songs. Tennessee Williams wrote the part of Big Daddy in

*Cat on a Hot Tin Roof* (1955) for him, his film career included *East of Eden* (1955) and *Our Man in Havana* (1959), and he narrated the classic special *Rudolph, the Red-Nosed Reindeer* (1964). Despite a long and varied career, he could never escape his performance at the McCarthy hearings.

See bio in class #114.

Thursday Jul 21 10:00 - 12:00  
Fee: \$10  Zoom


## Jazz, Pop, & Westerns: Film Music of the 1950s-70s ZOOM 191

Jane Ellen



This class is the second in a series exploring classic film scores. For this class, we concentrate on the evolution of jazz scores (first heard in the 1940s, and including the contribution of Miles Davis), the comeback of symphonic scoring with spaghetti Westerns, the introduction of rock music, and the somewhat unsettling avant garde. Film composers of the era include Alex North, Elmer Bernstein, Ennio Morricone, Henry Mancini, Maurice Jarre, and Jerry Goldsmith.

See bio in class #114.


Wednesday Jul 27 10:00 - 12:00  
Fee: \$10  Zoom

## Connecting with Classical Music 192

Karl Hinterbichler

Are you someone who goes to concerts and listens to classical music often; or you tried it, got bored and gave up? Both camps will find value in this presentation. It will help you understand its vocabulary/structure as well as its emotional context. At its very best, classical music has for many centuries addressed basic human conditions such as love, joy, sadness, exaltation, loss, grief, anger, sorrow, etc. Come hear the emotion in this art form.

Karl Hinterbichler holds degrees from the Universities of Michigan and North Texas. He has performed as a trombonist with the NM Symphony, Santa Fe Opera, Opera Southwest, Santa Fe Symphony, Florida Symphony, and Dallas Symphony. He has concertized, given master classes, and lectured worldwide. His articles, reviews, arrangements, and original compositions have been published in Europe, the US, and Canada. At UNM he is a professor of music and teaches applied music, chamber music, and music history.

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

## Reba McEntire: The Queen of Country ZOOM 193

Jane Ellen

Reba McEntire (1955- ) has not only had a successful career as a country music singer, but has worked as an actress in films and television, and owns several businesses. Since the 1970s, McEntire has placed over 100 singles on the Billboard Hot Country charts, 25 of which have reached No. 1. Her TV series *Reba* aired for six years, and in 2001 she played the role of Annie Oakley in the Broadway musical *Annie Get Your Gun*.

See bio in class #114.

Wednesday Aug 10 10:00 - 12:00  
Fee: \$10  Zoom

## MJQ: The Modern Jazz Quartet ZOOM 194

Jane Ellen

Drawn from the rhythm section of Dizzy Gillespie's big band and originally recording as the Milt Jackson Quartet, by 1952 the Modern Jazz Quartet (MJQ) was firmly established. They spent the next 45 years together creating music influenced by classical, blues, bebop, and cool jazz. Under the direction of John Lewis, they created a niche spot by specializing in sophisticated music using Baroque-inspired counterpoint while retaining a strong blues feel.

*See bio in class #114.*

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

## The Divine Bette Midler ZOOM at Oasis\* 195

Jane Ellen

Bette Midler (1945- ) began her career off-Broadway before moving to the Great White Way for *Fiddler on the Roof* and *Salvation* in the 1960s. She started to make her mark as a singer accompanied by Barry Manilow in 1970. Since the release of her debut album *The Divine Miss M* in 1972, the Grammy Award winner has had a string of 14 studio albums, three dozen films (dramatic and comedic), and multiple stage appearances to her credit.

*\*Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be in person at Oasis.*

*See bio in class #114.*

Monday Aug 22 10:00 - 12:00  
Fee: \$10   Zoom at Oasis

## The Divine Bette Midler ZOOM 196

*See description in class #195 and bio in class #114. This class is zoomed from home.*

Monday Aug 22 10:00 - 12:00  
Fee: \$10  Zoom

## Diana Ross: Lady Sings the Blues ZOOM 197

Jane Ellen

Named "Female Entertainer of the Century" by Billboard in 1976, singer Diana Ross (1944- ) has had a successful career both with the Supremes and later as a solo artist beginning in 1970. Her 25 studio albums, singles, and compilations have now sold more than 75 million units worldwide. She earned an Oscar nomination for her performance in the film *Lady Sings the Blues* (1972), and she has starred in other projects for film and television.

*See bio in class #114.*

Thursday Aug 25 10:00 - 12:00  
Fee: \$10  Zoom

## PERFORMANCES

### Sol Calypso Steel Drum Band: Friday Performance 198


Alexis & Hovey Corbin



Alexis & Hovey Corbin, Sol Calypso.  
Photo courtesy of Carissa Connelly Nichols

The music of Sol Calypso includes soca, calypso, reggae, and pop music. Hovey and Alexis Corbin perform with steel drums and marimbas, instruments that produce distinct vibrant sounds and instantly can transport you to a Caribbean island. They also discuss the style and history of the instruments.

Hovey Corbin is director of bands at Albuquerque Academy, co-conductor of Albuquerque Junior Symphony, and performer with Musica Antigua, Links! Percussion Ensemble, and the New Mexican Marimba Band. Alexis Corbin is the Assistant Program Director and host of *Weekday Mornings with Alexis* on Classical 95.5 KHFM. She frequently performs with Opera Southwest and the Santa Fe Symphony. Together, they are Sol Calypso.

**Friday** **Jul 8** **2:00 - 3:30**  
**Fee: \$12**  **Oasis**

### Oasis Entertainers: Friday Performance

199

Irma Reeder & Scott Hooker

Each trimester, enthusiastic singers enroll in the "Singing the Show Tunes" chorus group class (see class #176). At the end of a fun and challenging time of rehearsal, this group presents 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 #176.

**Friday** **Aug 19** **2:00 - 3:00**  
**Fee: \$10**  **Oasis**

## PERSONAL ENRICHMENT

### Free Write: A Creative Writing Workshop 200

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 master's degree in sociology/education.


**Mondays**                      **Jun 13 - Jun 20**                      **10:00 - 12:00**  
**Fee: \$18**                      **2 sessions**                       **Oasis**

## **The Ghazal: Writing Its Rhymes, Rhythms, & Refrains**                      **201**

*Scott Wiggerman*

Discover a poetry form that employs impulse over rationality, that eschews narrative, that revels in the back-and-forth of imaginative leaps and associations. The ghazal has been in existence for centuries, but has changed significantly since its Middle Eastern origins. The ghazal has been adapted in English by such practitioners as Bly, Hacker, Rich, and Trethewey. We begin studying the unique features of the ghazal and a few examples in English, then onto writing couplets (Sher) before writing ghazals. Next, we workshop our original ghazals for improvement. *Limited enrollment.*

Scott Wiggerman, author of three books of poetry and editor of a dozen more, has served as Chair of the Albuquerque Chapter of the New Mexico State Poetry Society since 2018. He is co-organizer of the annual Poets' Picnic and co-founder of Dos Gatos Press. A frequent workshop presenter, he was inducted into the Texas Institute of Letters in 2021.

**Mondays**                      **Jul 18 - Jul 25**                      **10:00 - 11:30**  
**Fee: \$20**                      **2 sessions**                       **Oasis**

## **Life Lessons from Our Dogs**


**202**

*Maya Sutton*



Our furry canine critters are affectionate, playful and make us laugh. Our dogs are also good listeners and empathic counselors. Trust them to be flawless in judging the character of people around you. They teach us to be brave and loyal, to live in the present and not hold grudges. From being wild wolves, to attending our ancient campfires, to becoming millions of our dog companions, to sleeping with us – how did dogs do this?

Maya Magee Sutton got her first dog when she was three – a wirehaired terrier that she called a wild-hair terrier. Her childhood in a family of swimmers was enlivened by water-loving cocker spaniels. Later, two sleek Weimaraners were strong hiking and camping companions. But now her heart belongs to swift and elegant whippets, her first in 1986 and the sixth now, named Misty.

**Monday**                      **Jul 18**                      **12:30 - 2:00**  
**Fee: \$10**                       **Oasis**

*See also class #219.*


## PHILOSOPHY, RELIGION, & SPIRITUALITY

### Jews & the American Revolution 203

Paul Citrin

How did Jews in colonial America view the Revolution against Britain? How did they participate in the Revolution? How did their fellow Americans view them? How was the experience in the Revolutionary period different than experiences of life in Europe? These and other questions will be the source of reflection and discussion to understand the Jewish role in the formation of the United States.

Rabbi Paul Citrin received his BA in history from UCLA, and his MA in Hebrew letters and ordination from Hebrew Union College. He has been a congregational rabbi for over forty years, a social activist, an interfaith worker, and is an author of five books.

**Monday Jun 20 10:00 - 11:30**  
**Fee: \$10** 


*See also class #165 & #166.*

### Apologetics: The Art of Defending the Faith 204

Frank Yates

This lecture explores the rich tradition of philosophers like Socrates defending himself, Josephus defending the Jewish tradition, and Christian writers defending their faith. How did they go about it? What resources did they draw upon? How does anyone give a reasoned explanation of their convictions and faith commitments? This lecture considers the long history of "explaining oneself" to others and draws upon Cardinal Avery Dulles's *A History of Apologetics*.

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


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

### The Recusants of the British Isles 205

Christopher Zugger

The recusants of England and Wales kept "The Old Religion" alive in an underground church that resisted from 1593 until Catholic Relief was granted in 1829. Mass and sacraments were secretly offered by priests branded as traitors, and martyrs suffered frightening deaths. But the faith endured and Catholics were legalized at long last. We will hear their words and Father Zugger will present some of his family's involvement in the Welsh Catholic underground and their hidden chapel.

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 Jul 14 10:00 - 11:30**  
**Fee: \$10**  **Our Lady Of Perpetual Help**


## SCIENCE

### How to Start & Maintain a Native Plant Garden ZOOM 206

Ani Jamgyal

Gardening can sometimes seem complicated, but it doesn't need to be. If you are interested in having a native plant garden, Ani Jamgyal can help you through the process from start to enjoying the fruits of your work. Jamgyal covers simple ways to plan, install, and tend a small native plant garden. It is not too late to plan for this summer!

Ani Jamgyal moved to New Mexico 30 years ago after receiving a PhD in plant physiology from Penn State University. Ani previously worked with the ABQ Backyard Refuge Program. Favorite activities involve working outside year-round with native plants, doing anything from installing habitat gardens to teaching biology and medicinal plant biochemistry, as well as selling native plants at local retail nurseries.


**Monday** **May 16** **10:00 - 11:30**  
**Fee: \$10**  **Zoom**

### Rio Grande Nature Center State Park Guided Tour 207

Ron Friederich


Back by popular demand! Stroll through the Rio Grande Nature Center's Native Plants Garden with Ron Friederich, as he identifies and discusses the plants and trees. The 1.5-acre garden area, contains more than 200 individually labelled plants to help you appreciate the diversity in the Bosque. Time permitting, we'll visit the Visitor Center exhibits. *Note: There is a \$3 entrance/parking fee. Sun protection and a water bottle are advised. Restrooms are available. Limited enrollment.*

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

**Thursday** **May 19** **9:30 - 11:00**  
**Fee: \$15**  **Rio Grande Nature Center SP**

### Rio Grande Nature Center State Park Guided Tour 208

*See description and bio in class #207.*

**Thursday** **May 26** **9:30 - 11:00**  
**Fee: \$15**  **Rio Grande Nature Center SP**

### Elena Gallegos Walk: Geologic Evolution of the Sandias 209

Leslie McFadden

Back by popular demand! 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 are also discussed. *Note: This is a moderate 2.5-mile long walk with limited shade. Bring water. Wear sturdy boots and sun protection. Restrooms are available. Limited enrollment.*

Les McFadden is a professor emeritus in the

UNM Earth & Planetary Sciences Department. He received an MS & PhD in geosciences from the University of Arizona after earning a BA in anthropology from Stanford University.

**Monday**                      **May 23**                      **8:30 - 11:30**  
**Fee: \$15**                      🦋 Elena Gallegos/Pino Trail

**Endangered Species at the ABQ Zoo:  
 Guided Tour                      210**



*Lane Kirkpatrick*

Back by popular demand! Lane Kirkpatrick, BioPark Zoo docent, takes you on a guided 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.*

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."

**Wednesday**                      **Jun 1**                      **9:30 - 12:00**  
**Fee: \$18**                      📍 Albuquerque Zoo

**Endangered Species at the ABQ Zoo:  
 Guided Tour                      211**

*See description and bio in class #210.*

**Thursday**                      **Jun 2**                      **9:30 - 12:00**  
**Fee: \$18**                      📍 Albuquerque Zoo

**Trees of UNM Campus  
 Guided Tour                      212**

*Ron Friederich*

Stroll through the University of New Mexico with Ron Friederich as he identifies and discusses some of the campus trees and other plants. An oasis in the high desert, the campus was designated an arboretum in 1994. *Note: Sun protection and a water bottle are advised. No restrooms available during tour. Limited enrollment.*

*See bio in class #207.*

**Thursday**                      **Jun 9**                      **9:00 - 10:45**  
**Fee: \$15**                      📍 UNM Tree Tour

**Trees of UNM Campus  
 Guided Tour                      213**

*See description in class #212 and bio in class #207.*

**Friday**                      **Jun 17**                      **9:00 - 10:45**  
**Fee: \$15**                      📍 UNM Tree Tour

## Science at the Edge: Welcome to the Real Twilight Zone 214

*Creve Maples*

Science is a quest for knowledge and understanding. Explore examples of scientific discoveries whose implications are not yet understood. A hundred years ago, a number of scientific discoveries changed our view of the universe and defined the 20th century. We are now on the edge of an even more profound revolution. Creve Maples walks us to the edge of science, examines issues like speed of light and particle-wave duality, and follows their impact on quantum mechanics, gravity, time, black holes, causality, and the big bang. It seems that our understanding of the universe is seriously incomplete.

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

**Thursdays**      **Jun 16 & Jun 23**      **2:00 - 4:00**  
**Fee: \$20**      **2 sessions**       **Oasis**


## The Buzz About Bees 215

*Pamela Michel Chavez*



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

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

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

## Spacecraft Observations of Stars, Nebulae, & Galaxies 216

*Len Duda*

A collection of spacecraft have been observing stars, nebulae, and galaxies from one end of the electromagnetic spectrum to the other for many years. The images and data returned by these spacecraft have increased our knowledge about stars and stellar evolution and galactic structure and evolution. Data and images from a variety of spacecraft such as Spitzer, Chandra, and others on variable stars, nebulae, galaxy clusters, supermassive black holes, and more are reviewed.

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.

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

### Bear Speak ZOOM at Oasis\* 217

Daryl Ratajczak

Bears are captivating and highly intelligent creatures. When we cross paths, bears often try to speak to us to let us know their comfort level with our presence. Unless you know "Bear Speak" you may not know how to react. Learn everything you need to know about the language of bears.

*\*Oasis will simultaneously zoom this class into the Oasis classroom for those who don't have computer access or prefer to come in person. Please note: the presenter will not be in person at Oasis.*

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 Jul 15 10:00 - 11:30  
Fee: \$10 Zoom at Oasis

### Bear Speak ZOOM 218

See description and bio in class #217. This class will be zoomed from home.

Friday Jul 15 10:00 - 11:30  
Fee: \$10 Zoom

### Introduction to Canine Diabetes ZOOM 219

Michelle Matlock & Alicia Belcher

Learn about canine diabetes mellitus and the basics of managing this disease. Topics of discussion include signs and symptoms, causes, blood glucose testing, monitoring ketones, insulin administration, diet, and other basic management tips. This course is based on an online learning platform DDO-U: Diabetic Dog Owners University.

Michelle Matlock is an American Animal Hospital Association (AAHA) Certified Diabetes Educator and Alicia Belcher is a PhD and AAHA Certified Diabetes Educator.

Friday Jul 22 10:00 - 11:30  
Fee: \$10 Zoom

See also class #202.

### Polar Bears & People: A Study in Adaptation & Survival 220

Creve & Jan Maples

Over a period of about 200,000 years, polar bears have evolved to thrive in one of the world's harshest environments. Despite this, polar bears have become the world's largest land carnivore. In 1770 a small settlement was formed in this sub-arctic region of Canada, right in the migration path of polar bears. For over 200 years this town has struggled to survive. From fur trading, to seaport, to a military base, and even a spaceport, it also had to adapt. Now the impact of climate change is threatening both the survival of the bears and



Weather Service. Now retired, Deirdre enjoys public speaking and outreach activities focused on various topics in weather and climate.

**Thursday**      **Aug 4**      **10:00 - 11:30**  
**Fee: \$10**       **Oasis**

## **Terroir: The “Sense of Place” of Old Grape Juice** **224**

*John Geissman*

The word terroir conjures up all sorts of things in one’s mind. From the perspective of science and old grape juice the term involves how climate, soil, geology, and viticulture all conspire to influence the character, and quality, of a wine from the essentials: the particular grape variety, rootstock, and viticultural practice. Explore the factors (e.g., water availability, soil structure, and landscapes affected by geologic processes) that affect the grape ripening process, thus giving many wines a “sense of place.”

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 from the University of Michigan. He is a Past President of the Geological Society of America (GSA) and editor for the *GSA Bulletin*. He has over 300 peer-reviewed science journal contributions.

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


## **SOUTHWEST**

### **Exploring Historic Fairview Cemetery** **225**

*Gail Rubin*


Historic Fairview Cemetery was founded in 1881. There are approximately 12,000 people buried on 17.5 acres. You are invited to walk the cemetery with Gail Rubin and learn how the people buried here reflect the history of Albuquerque, New Mexico, and the United States. Among the well-known New Mexico family names on the tour are Dietz, Galles, Hubbell, Huning, Menaul, Rodey, Ross, and Simms. *Note: Wear sturdy shoes and sun protection. A water bottle is advised. Limited enrollment.*

*See bio in class #110.*

**Tuesday**      **May 10**      **10:00 - 11:30**  
**Fee: \$15**       **Fairview Cemetery**

### **Exploring Historic Fairview Cemetery** **226**

*See description in class #225 and bio in class #110.*

**Monday**      **May 16**      **10:00 - 11:30**  
**Fee: \$15**       **Fairview Cemetery**

### **A History of Women at Sandia National Laboratories** **227**

*Rebecca Ullrich*

Reflecting US culture more broadly, Sandia National Laboratories did not have a lot of women in technical or management roles in the decades immediately following its founding in 1949. However, by the 1980s, Federal requirements, internal decisions, and the voices of women at the Labs created a new environment with an active push for increased opportunities for women. This presentation covers the early history and current state of women’s roles and work at Sandia.

**12:30 - 2:00**  
 **Oasis**

Body Counts &amp; Spoils of War 228

New Mexico's Spanish and Mexican era archives contain numerous reports related to military campaigns. Many of these contain information that document body counts on which the failure or success of military campaigns were measured. Tórrez reviews some of the practices reported by the Spanish and their Pueblo allies in which heads, scalps, and ears were used as proof of body counts.


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.

**10:00 - 11:30**  
 **Oasis**

Melanie LaBorwit

Travel back in time to when taking the train was the way visitors arrived in New Mexico. An enterprising Englishman named Fred Harvey saw that the accommodations for those travelers needed improving, and whose iconic and innovative lunchrooms, hotels, souvenir shops, and regional excursions launched the idea of cultural tourism in the early days of train travel in the New Mexico territory. Explore the exhibition at the New Mexico History Museum in Santa Fe with virtual tour guide and museum educator Melanie LaBorwit.

Melanie LaBorwit has made her career in New Mexico museums, as a curator, educator and administrator, and she celebrates our state's history and culture every day. She was a double major in history and fine arts at Georgetown University and continued her graduate work at Indiana University's Folklore Institute.

2:30 - 4:00  
 Zoom


## Steam Locomotive 2926: Field Trip 230

*John Taylor*

See the ATSF 2926 as it is being restored by the New Mexico Steam Locomotive & Railroad Historical Society. The vintage steam locomotive is one of 30 engines in the 2900 class built between 1943-44 for the war effort. Used in freight, passenger, and troop train service, the engine traveled over one million miles before its last run in 1955. The restored locomotive ran on its own steam power for the first time in July 2021. *Limited enrollment.*

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 19 books on a variety of topics including New Mexico history, soccer science, and New Mexico's naval history.

**Wednesday Jun 15 10:00 - 11:30**  
**Fee: \$18**  **Locomotive 2926**


## Archaeology & History of Fort Marcy 231

*Matthew Barbour*

Established with the conquest of Santa Fe by General Kearny in 1846, the Fort Marcy Military Reservation served as the military and administrative center for the Territory of NM throughout much of the nineteenth century. Excavations conducted recently have revealed a plethora of archaeological finds associated with the reservation, such as foundations of the fort's structures, plumbing/sewage systems, and pits of kitchen and domestic refuse. These materials have begun to paint a picture of life at the military reservation and in Santa Fe.

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

graphs. Under Barbour, Coronado Historic Site received an Award of Merit from the American Association for State and Local History and Jemez Historic Site received the Archaeology Heritage Preservation Award from New Mexico Historic Preservation Division.


**Tuesday Jun 21 12:30 - 2:00**  
**Fee: \$10**  **Oasis**

## Urban Archaeology in the Capitol Complex Historic Neighborhood 232

*Matthew Barbour*

The Prohibition and Great Depression eras represent a fascinating point in US history. Recent archaeological investigations into the Capitol Complex Historic Neighborhood of Santa Fe examined the lives of New Mexico families living at 11 different structures during this period. Cultural materials collected were utilized to examine ethnic, socioeconomic, contextual, and temporal differences in consumption and discard patterns among residents of the individual structures and how these differences (or similarities) characterized the neighborhood. The conclusions will surprise you.

*See bio in class #231.*

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

### COMMUNITY PARTNERS



*Al Davis*



## Iguazu Falls

Al Davis shares stories and pictures of the animals, people, and places he has experienced during his travels through Latin America. His adventures include: searching for jaguars in Gran Chaco National Park in Bolivia; introducing you to the wildlife in the Galapagos and Ecuador; and experiencing the largest waterfall in the world at Iguazu Falls in Argentina and Brazil. Davis also shares a story about getting shot in Columbia. His travelogue is always informative and entertaining!

Al Davis has traveled to 92 countries and has slept on all seven continents. He was trained in computer science and has a PhD from the University of Illinois. In addition to a long corporate career, he held academic positions at the University of Colorado and in Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles, lectured 2,000+ times in 28 countries, and is the author of nine books.

**Tuesday**  
**Fee: \$10**

May 31

**12:30 - 2:00**  
 **Oasis**

**Collette/Oasis California Dreamin' ZOOM 234**

*Karen Barclay*

Featuring Monterey, Yosemite, and Lake Tahoe,  
Napa

Trip is April 17 through April 24, 2023

\*8 days \*12 Meals

Learn about this Oasis/Collette trip where you experience beautiful northern California. Begin in Monterey with a drive along the famed 17-mile drive along the Pacific coast. On to Oakdale, where you'll visit a small farm in California's central valley for a tour and tasting. Enjoy Yosemite's tram tour to see Half Dome, El Capitan, and Yosemite Falls. Stop in Sacramento's historic gold rush era neighborhood and have a choice of museum tours and dinner options. Enjoy a paddle boat cruise on pristine Lake Tahoe. A historic Napa Valley winery provides a tour, wine tasting, and lunch. This trip is designed for leisurely travel. Reserve your trip by October 17, 2022 for best price and availability. See [www.oasisabq.org](http://www.oasisabq.org) for more detailed information.

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

**Monday**  
**Fee: Free**

**Aug 15**

**3:00 - 4:00**



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

## WALKS & HIKES

### Juan Tomas Open Space Hike 235

David Ryan



Back by popular demand! Juan Tomas Open Space is a City of Albuquerque Open Space property located in the Manzanita Mountains south of Tijeras. It has a wonderful, easy-to-moderate 3.7 mile loop hike with very little change in elevation. Walk through ponderosa, meadows, and other vegetation. We might see some local inhabitants, such as mule deer, wild turkey, or elk along the way. *No restrooms available. Limited enrollment.*

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 sever-

al 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](http://www.gentleartofwandering.com).

Friday  
Fee: \$15

May 13 8:30 - 11:30  
👟 Juan Tomas Open Space

### Armijo Hike 236

David Ryan

The Armijo Trail is the gateway to a network of shaded trails in the lower Sandias and is Hike #14 in *60 Hikes within 60 Miles: Albuquerque*. It is the perfect place to engage in the Japanese practice of Shinrin-Yoku, or “forest bathing.” This hike will explore some new trails built by the Forest Service into previously inaccessible areas of the Lower Sandias. *The hike is between 3.5 and 4 miles long and will involve some up and down hiking. There is a \$3 parking fee. No restrooms available. Limited enrollment.*

*See bio in class #235.*

Tuesday  
Fee: \$15

May 17 8:30 - 11:30  
👟 Armijo Trail

### David Canyon Hike 237

David Ryan

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

*See bio in class #235.*

Wednesday May 18 8:30 - 11:30  
 Fee: \$15  David Canyon-Mars Court Trail

## David Canyon Hike 238

See description in class #237 and bio in class #235.

Tuesday May 24 8:30 - 11:30  
 Fee: \$15  David Canyon-Mars Court Trail

## Cottonwood Springs Trail: Accessible Nature Walk 239

Colston Chandler

May is the best time for viewing wildflowers in the Sandia foothills, and one of the best accessible places to do this is along the Cottonwood Springs Trail at Elena Gallegos. From the parking lot, the concrete-paved trail winds past several shade structures with benches and informational displays before reaching the turnaround at an observation blind that overlooks a spring-fed pond. On a clear day, westward views are stupendous. A wildflower enthusiast accompanies the group on an informative morning stroll. *This is not a hike! This is a short (0.6 miles), easy, slower-paced walk that is wheelchair and walker accessible. There is a \$1 park entry fee. Restrooms are available. Limited enrollment.*

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

Friday May 20 10:00 - 11:30  
 Fee: \$15  Cottonwood Springs Trail

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


## LA VIDA LLENA SPONSORED CLASSES

### LVL The Great Music Steal: Classical Becomes Pop ZOOM 240

Jane Ellen

Music listeners have been saturated with classical or serious music since childhood through film and television scores, radio jingles, and even popular songs, often without recognizing its roots. This class reviews 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 #114.

Thursday May 19 3:00 - 4:30  
 Fee: \$5  Zoom

## NEIGHBORHOOD IN RIO RANCHO SPONSORED CLASSES

### NIRR What They Said: Quotations that Impact Our Lives 241

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 the 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** **May 9** **3:00 - 4:30**  
**Fee: \$5**  **Neighborhood in Rio Rancho**

**NIRR Stormy Weather: Lena Horne**  
**ZOOM** **242**

*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 #114.*

**Monday** **Jun 13** **3:00 - 4:30**  
**Fee: \$5**  **Zoom**

**NIRR Victorio Peak: 100 Tons of Gold**  
**or 100 Tall Tales** **243**

*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 shot and 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 original story a scam or did a series of three presidents steal it?

Jim 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 to bring reason to the story.

**Monday** **Jul 11** **3:00 - 4:30**  
**Fee: \$5**  **Neighborhood in Rio Rancho**

**NIRR Johann Sebastian Bach**  
**ZOOM** **244**

*Jane Ellen*

During his lifetime, J.S. Bach (1685-1750) was primarily admired for his virtuosic skills as a harpsichordist and organist, as well as for being an expert on organ building. Today, however, he is generally regarded as one of the greatest composers in the history of music. His innovative works number over 1,000 and include both sacred and secular music, works for keyboard instruments, chamber music, and large works for choir and orchestra.

*See bio in class #114.*

**Monday** **Aug 8** **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.

### **Albuquerque Convention Center**

Located at 401 2nd St NW, Albuquerque. Park in Civic Plaza underground parking garage (Marquette & 3rd St) or other downtown areas. (Parking is not validated). Meet at the Public Art Offices located just inside the west building entrance facing Civic Plaza on 3rd St.

### **Albuquerque Zoo**

Located at 903 10th Street SW, Albuquerque. Meet under the main entryway, before the ticket windows.

### **Armijo Trail**

From I-40 East, take Exit 175 toward Cedar Crest. Take NM14 (Turquoise Trail) to NM536, approximately 6 miles. Turn left on NM536 (Sandia Crest Scenic Byway) and drive 1.8 miles to Sulphur Canyon/Cienega Spring picnic areas. Turn left and continue to bear left; go up and over the hill for a little more than 0.5 miles. Park at the bottom of the hill at the “T” intersection. Parking fees will apply.

### **Bernalillo Cannabis Dispensary**

Located at 255 Camino Don Tomas, Bernalillo, NM 87004. Take I-25 North, take Exit 240 and continue to E. Avenida Bernalillo. Take a right on S. Camino Del Pueblo. Take a left on Calle Del Norte. Take a right on Camino Don Tomas; the facility will be on the left after you pass Calle De Vargas.

### **Cottonwood Springs Trail - Elena Gallegos**

Travel east from the corner of Tramway and Simms Park Road (just north of the traffic signal at Tramway and Academy) to the Open Space Information Center. After paying the \$1/car entry fee, ignore the signs suggesting that you

turn right. Instead turn left (north) around the back of the Information Center and follow the road to the parking lot. Do not leave valuables in your vehicle.

### **David Canyon – Mars Court Trailhead**

From Tijeras, exit on I-40 (Exit 175). Go 8.8 miles south on NM337 (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.

### **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.

### **Eurozone Food Distributors**

Located at 3700 Osuna Rd NE, Suite 515, Albuquerque.

### **Fairview Cemetery**

Located at 700 Yale Blvd SE, Albuquerque. Enter through the gates of Fairview Memorial Park. Drive straight to the intersection with the cemetery office on the left. Turn left and proceed north into the cemetery. Meet at the Springer Walton Mausoleum in the center of the cemetery.

### **First Unitarian Church**

Located at 3701 Carlisle Blvd NE, Albuquerque. Southwest corner of Carlisle and Comanche.

### Jaramillo Vineyards

From I-25 South, take first Belen Exit 195. Go about 1-mile, take a 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 is to your left, stop, and then drive straight forward onto private gravel road. Follow it to the top, passing a white house. The 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 NM337. 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).

### Locomotive 2926

Located at 1833 8th St NW, Albuquerque. From I-40, exit 6th St, then drive south on 6th St (note that 6th is a one-way going south). Turn right onto Haines Ave NW, then turn left onto 8th St NW. Street parking on 8th Street.

### Meltdown Studio

Located at 901 Rio Grande Blvd NW, Suite E130, Albuquerque. It 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.

### Open Space Visitor Center

Located at 6500 Coors Blvd NW, Albuquerque. This is east of Coors Blvd at the end of Bosque Meadows Rd, which is between Montano Blvd and Paseo del Norte. 505-897-8831

### Rio Grande Nature Center State Park

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

### Our Lady of Perpetual Help Church

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

### Tree Tour at UNM

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

### Valencia Flour Mill

Located at 74 Mill Road, Jarales, NM 87023. Take I-25 South towards Belen. Take Exit 190. Turn right onto NM116 South. Travel approximately 2 miles before turning left onto Mill Road. The Mill is about 1 mile after turning on Mill Road. Park on the south side of the tin building.



### From the Office Manager, Monica Lopez

Thank you to all the volunteers, for your amazing generosity and dedication to Oasis Albuquerque. We truly could not do what we do without all of you. From helping answer phones, making reminder phone calls, delivering catalogs to numerous locations, helping in the tutoring library, to greeting our participants and instructors at the door. Oasis Albuquerque volunteers are special and words can not express how grateful we are for your willingness to give your time and share your expertise in areas with us.

As things begin to open up more and the COVID-19 numbers begin to decrease we hope to have more volunteer opportunities available and we look forward to seeing more faces in the Oasis office.

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*This donor list reflects contributions made between March 13, 2021 and February 25, 2022. Your generosity expands our possibilities and brings a world of knowledge to all of our participants. We thank you.*

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Mary Domina  
Michelle Dowdican  
Alison Lapp  
John Neyer  
Matthew Rivera  
Theresa Romero

## **Tribute to Anne, Kyle, and Kenneth McIntyre**

Brookes McIntyre

## **In Honor of Barbara**

Anonymous

## **In Honor of Jane Ellen**

Carol Spitz

## **In Honor of Laura Downing**

Hannah Downing

## **In Honor of The Oasis Staff**

Janet Simon

## **In Memory of Diane Gillen**

Ken Gillen

## **In Honor of Tom and Lois Ruby**

Lois Ruby

## **In Honor of Vicki DeVigne and the Intergenerational Tutoring Program**

Margo Danoff

## **In Memory of Pamela D. Ransome**

Marialana Weitzel

## **In Memory of Roger and Candice Pearson**

Marjorie Pearson

## **In Memory of Linda Olen**

Rebecca Dakota

## National News

The Oasis Institute / Summer 2022

**40** **Oasis**  
YEARS of Lifelong Adventure

## Cheers to 40 years!

Did you know that Oasis is celebrating its 40th anniversary this year?

Join us as we celebrate 40 years of impact and service to older adults! After touring senior centers across St. Louis, Missouri in the late 1970's, Oasis founder, Marylen Mann knew there was more for aging people than crafting and bingo. At the end of the tours she remarked, "We can do better for older adults." With a small demonstration grant from the U.S. Administration on Aging, Marylen founded Oasis in 1982. What started off as a small organization has expanded nationwide, serving more than 200 communities in 33 states today. Oasis is a pioneer in healthy aging.

**"We can do better for older adults."**



### Oasis' Impact

- Supported over **587,000 older adults** through lifelong learning, active lifestyles and volunteer engagement
- Tutored more than **525,000 students** through the Intergenerational Tutoring Program
- Provided more than **13.7 million volunteers** hours to local communities with a cumulative impact of nearly **400 million dollars** in volunteer service to the community
- Partnered with more than **800 organizations** nationwide

As Oasis celebrates 40 years, we look forward to continuing our mission to make an impact and transform the perception of aging for the next 40 years and beyond. For more information about Oasis' history, and 40th anniversary activities, visit [www.oasisinet.org/anniversary](http://www.oasisinet.org/anniversary)

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

 **collette**

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- Resident, The Neighborhood in Rio Rancho

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Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
				Summer Registration Opens	10:00am				
9		10		11		12		13	
148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 135 Foot Care Clinic 241 NIRR What They Said*	9:00-10:00 9:00-10:00 9:00-12:00 3:00-4:30	225 Historic Fairview Cemetery Tour* 152 Tai Chi Health 153 Tai Chi Health ZM 171 Austin Book Group	10:00-11:30 11:00-12:00 11:00-12:00 1:30-3:00	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM	9:00-10:00 9:00-10:00	152 Tai Chi Health 153 Tai Chi Health ZM	11:00-12:00 11:00-12:00	235 Juan Tomas Hike* 136 Foot Care Clinic	8:30-11:30 9:00-12:00
16		17		18		19		20	
148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 206 Native Plant Garden ZM 226 Historic Fairview Cemetery Tour* 164 16th Century Travelers	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00	236 Armijo Hike* 176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM 177 Summit Book Group 172 Glen Campbell ZM 227 Women at Sandia Labs 173 Holmes Book Group ZM	8:30-11:30 10:15-11:45 11:00-12:00 11:00-12:00 11:00-12:30 12:30-2:30 12:30-2:00 1:00-2:30	237 David Canyon Hike* 148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 122 Aging Mastery Program® 174 West Mesa Book Group*	8:30-11:30 9:00-10:00 9:00-10:00 10:00-12:00 1:30-3:00	207 Rio Grande Nature Center Walk* 152 Tai Chi Health 153 Tai Chi Health ZM 240 LVL Classic Become Pop ZM	9:30-11:00 11:00-12:00 11:00-12:00 3:00-4:30	178 Herb Alpert ZM 239 Cottonwood Springs Walk* 123 Alzheimer's Support Group ZM	10:00-12:00 10:00-11:30 10:30-11:30
23		24		25		26		27	
209 Elena Gallegos Walk* 148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 100 Intro to Mosaics: Art Workshop 114 Marilyn Monroe ZM at Oasis 115 Marilyn Monroe ZM	8:30-11:30 9:00-10:00 9:00-10:00 12:00-4:00 12:30-2:30 12:30-2:30	238 David Canyon Hike* 176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM 100 Intro to Mosaics: Art Workshop 156 Yoga for Feet 157 Yoga for Feet ZM	8:30-11:30 10:15-11:45 11:00-12:00 11:00-12:00 12:00-2:00 2:00-3:15 2:00-3:15	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 101 Convention Center Art Tour* 122 Aging Mastery Program® 179 Claude Debussy ZM	9:00-10:00 9:00-10:00 10:00-11:15 10:00-12:00 10:00-12:00	208 Rio Grande Nature Center Walk* 152 Tai Chi Health 153 Tai Chi Health ZM 124 Sleep 125 Sleep ZM	9:30-11:00 11:00-12:00 11:00-12:00 2:30-4:00 2:30-4:00	137 Foot Care Clinic 158 Qigong	9:00-12:00 1:00-2:00
30		31							
Memorial Day Oasis Office Closed		102 Unitarian Church Mural* 176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM 233 Adventure Travel: Latin America	10:00-11:30 10:15-11:45 11:00-12:00 11:00-12:00 12:30-2:00						
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45 Registration opens Wednesday, May 4 at 10:00 am.									

ZM= Livestream via Zoom \*Off-Site Class. Please see the Off-site location directions on pages 44-45  
Registration opens Wednesday, May 4 at 10:00 am.

Monday		Tuesday		Wednesday		Thursday		Friday		
				1		2		3		
				148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 210 Endangered Species Zoo Tour* 122 Aging Mastery Program® 126 Painful Feet & Ankles	9:00-10:00 9:00-10:00 9:30-12:00 10:00-12:00 10:00-11:30	211 Endangered Species Zoo Tour* 228 Body Counts of War 152 Tai Chi Health 153 Tai Chi Health ZM 180 Queen Latifah ZM	9:30-12:00 10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:30	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 127 Too Many Meds ZM 158 Qigong	9:00-10:00 9:00-10:00 10:00-11:30 1:00-2:00	
6	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 117 Valencia Flour Mill Tour* 128 Angst, Anxiety, & COVID-19	9:00-10:00 9:00-10:00 9:30-11:00 12:30-2:00	7	176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM 229 Fred Harvey ZM	10:15-11:45 11:00-12:00 11:00-12:00 2:30-4:00	9	212 UNM Tree Tour* 229 Respiratory Muscles ZM 152 Tai Chi Health 153 Tai Chi Health ZM 181 Bernadette Peters ZM	9:00-10:45 10:00-11:30 11:00-12:00 11:00-12:00 2:30-4:30	138 Foot Care Clinic 103 Mosaiscs Found Objects: Art Workshop 158 Qigong	9:00-12:00 12:00-2:30 1:00-2:00
13	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 182 Bix Beiderbecke ZM 200 Free Write 242 NIRR Lena Horne ZM	9:00-10:00 9:00-10:00 10:00-12:00 10:00-12:00 3:00-4:30	14	112 Cannabis Tour* 176 Singing the Show Tunes 113 Cannabis Tour* 152 Tai Chi Health 153 Tai Chi Health ZM 171 Austin Book Group	9:30-10:30 10:15-11:45 11:00-12:00 11:00-12:00 11:00-12:00 1:30-3:00	15	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 122 Aging Mastery Program® 230 Locomotive 2926* 130 Matter of Balance 174 West Mesa Book Group*	9:00-10:00 9:00-10:00 10:00-12:00 10:00-11:30 1:00-3:00 1:30-3:00	139 Foot Care Clinic 213 UNM Tree Tour* 123 Alzheimer's Support Group ZM 158 Qigong	9:00-12:00 9:00-10:45 10:30-11:30 1:00-2:00
20	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 200 Free Write 203 Jews & American Revolution	9:00-10:00 9:00-10:00 10:00-12:00 10:00-11:30	21	176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM 172 Summit Book Group 231 Fort Marcy 173 Holmes Book Group ZM	10:15-11:45 11:00-12:00 11:00-12:00 11:00-12:30 12:30-2:00 1:00-2:30	22	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 122 Aging Mastery Program® 183 Giacomo Puccini ZM 130 Matter of Balance	9:00-10:00 9:00-10:00 10:00-12:00 10:00-12:00 1:00-3:00	104 Pastel Painting 184 David Bowie ZM 158 Qigong	9:30-12:30 12:30-2:30 1:00-2:00
27	140 Foot Care Clinic 148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 185 Arthur Fiedler ZM at Oasis 186 Arthur Fiedler ZM	9:00-12:00 9:00-10:00 9:00-10:00 12:30-2:30 12:30-2:30	28	176 Singing the Show Tunes 152 Tai Chi Health 153 Tai Chi Health ZM	10:15-11:45 11:00-12:00 11:00-12:00	29	148 Tai Ji Quan Balance 149 Tai Ji Quan Balance ZM 122 Aging Mastery Program® 215 Buzz About Bees 130 Matter of Balance	9:00-10:00 9:00-10:00 10:00-12:00 10:00-11:30 1:00-3:00	ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45 Registration opens Wednesday, May 4 at 10:00 am.	

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZM= Livestream via Zoom</b>  <b>*Off-Site Class. Please see the</b>  <b>Off-site location directions on</b>  <b>pages 44-45 Registration opens</b>  <b>Wednesday, May 4 at 10:00 am.</b></p>				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
July 4th Holiday Oasis Office Closed	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 122 Aging Mastery Program* 130 Matter of Balance	204 Defending the Faith 154 Tai Chi Health 155 Tai Chi Health ZM	141 Foot Care Clinic 216 Spacecraft Observations 198 Sol Calypso Steel Drum
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 106 Quilling Art Workshop 187 Led Zeppelin ZM 243 NIRR Victorio Peak*	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM 232 Urban Archaeology 171 Austin Book Group	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 122 Aging Mastery Program* 130 Matter of Balance	205 British Isle Recusants* 154 Tai Chi Health 155 Tai Chi Health ZM 167 Ancient Western World Weapons	217 Bear Speak ZM at Oasis 218 Bear Speak ZM 123 Alzheimer's Support Group ZM 188 Edith Piaf ZM 142 Foot Care Clinic
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 201 Ghazal Poetry 202 Lessons from Dogs	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM 172 Summit Book Group 173 Holmes Book Group ZM 189 Rosemary Clooney ZM	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 122 Aging Mastery Program* 132 Meditation 116 Alfred Hitchcock ZM 130 Matter of Balance 174 West Mesa Book Group*	190 Burl Ives ZM 154 Tai Chi Health 155 Tai Chi Health ZM	143 Foot Care Clinic 219 Canine Diabetes ZM
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 201 Ghazal Poetry	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM 220 Polar Bears & People	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 191 Film Music II 1950s-70s ZM 130 Matter of Balance 107 Art Nouveau Glass 108 Art Nouveau Glass ZM	105 Pastel Painting 221 Spurned Sisters of Science 222 Spurned Sisters of Science ZM 154 Tai Chi Health 155 Tai Chi Health ZM 192 Classical Music Connection	159 Stretch & Relax 160 Stretch & Relax ZM 105 Pastel Painting

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8	9	10
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 133 Navigating Health Care 175 Edgar Allan Poe ZM	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 109 Metalsmithing: Art Workshop* 130 Matter of Balance	223 Southwest Summer Weather 154 Tai Chi Health 155 Tai Chi Health ZM	144 Foot Care Clinic 159 Stretch & Relax 160 Stretch & Relax ZM					
8	9	10	11	12	13	14	15	16	17
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 168 German Rhineland Cathedrals 244 NIRR Bach ZM	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM 171 Austin Book Group 161 Yoga for Sleep 162 Yoga for Sleep ZM 110 Not Planning to Die	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 193 Reba McEntire ZM	163 Taste of Tai Chi Chih ZM 154 Tai Chi Health 155 Tai Chi Health ZM Tutor Training Pre-registration Required	145 Foot Care Clinic 159 Stretch & Relax 160 Stretch & Relax ZM 120 Mindful Eating 121 Mindful Eating ZM					
15	16	17	18	19	20	21	22	23	24
150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 224 Terroir 234 Collette California Dreamin' ZM	176 Singing the Show Tunes 154 Tai Chi Health 155 Tai Chi Health ZM 172 Summit Book Group 173 Holmes Book Group ZM 161 Yoga for Sleep 162 Yoga for Sleep ZM	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 174 West Mesa Book Group*	154 Tai Chi Health 155 Tai Chi Health ZM 194 Modern Jazz Quartet ZM 134 CPR/AED	123 Alzheimer's Support Group ZM 10:30-11:30 199 Oasis Entertainers: Performance 2:00-3:00					
22	23	24	25	26	27	28	29	30	31
146 Foot Care Clinic 150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM 195 Bette Midler ZM at Oasis 196 Bette Midler ZM 169 Vikings 170 Vikings ZM	154 Tai Chi Health 155 Tai Chi Health ZM	150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM Tutor Training Pre-registration Required	197 Diana Ross ZM 154 Tai Chi Health 155 Tai Chi Health ZM	147 Foot Care Clinic 150 Tai Ji Quan Balance 151 Tai Ji Quan Balance ZM					
29	30	31	ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45 Registration opens Wednesday, May 4 at 10:00 am.						

# Oasis Policies

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Mailing Address: PO Box 35518 Albuquerque NM 87176

## How do I become an Oasis member?

You may join Oasis at any time by completing the New Participant Form found on the inside back cover of this catalog or go online to [www.oasisabq.org](http://www.oasisabq.org) and click on the 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 summer session. Payment is required at the time of registration and holds your place in a class. Oasis will take phone registrations. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the summer term - either online or by phone.

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

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

## What types of payment do you accept?

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

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

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

## Information about Oasis credits

Throughout 2020 and 2021, Oasis canceled many of our educational offerings due to the pandemic, and there are a lot of you who now have credit on your account. We would very much like you to use the credit or consider donating it back to Oasis! If you register online,

## Oasis Policies, Cont.

the credit will appear when you check out as a store coupon. If you register by writing a check, please call the office at 505-884-4529 to find out how much credit you have before sending another check.

### **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.

**Summer 2022 classes begin  
Monday, May 9, 2022**

## Registration Info:

**Registration opens Wednesday, May 4 at 10:00 am.  
Summer 2022 classes begin Monday, May 9, 2022.**

### **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, May 4, 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 May 4, 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 (May 4, 2022). The first form received is the first one entered and so on.

### **Important Registration Information**

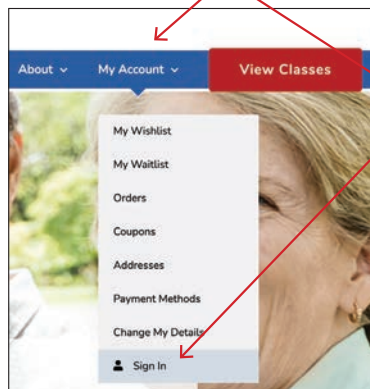
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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**

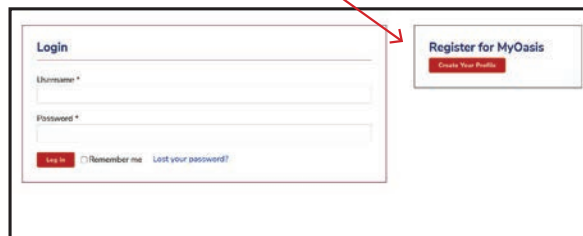
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we will charge only for the classes in which you are enrolled.
- **Cash or check payments:** We accept cash or checks. If you are paying by cash or check and a class is full when you register, we will apply the 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



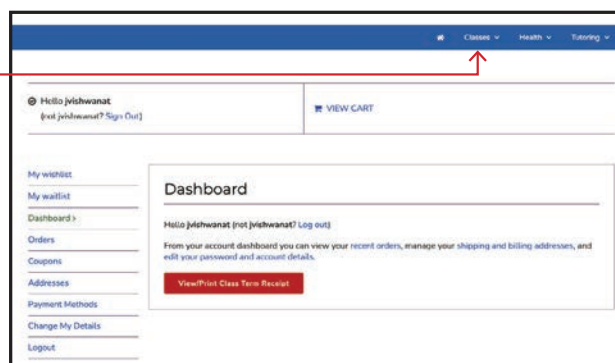
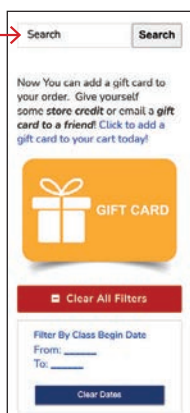
1. Go to [www.oasisabq.org](http://www.oasisabq.org)

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

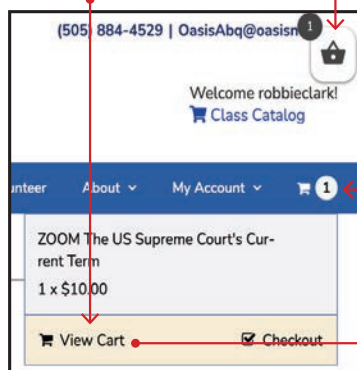


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

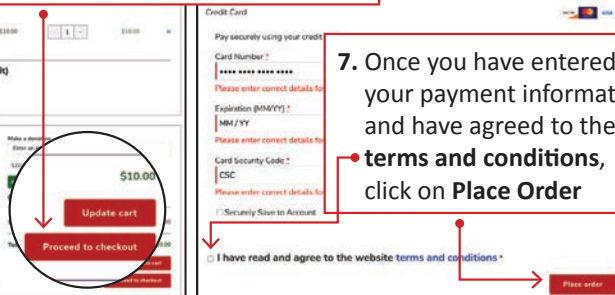
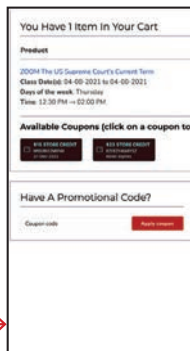
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

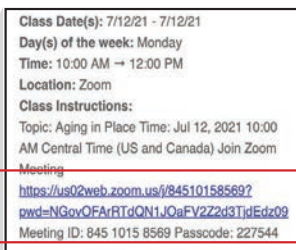


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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 Summer 2022 Class Registration    Oasis ID# (from catalog address label)    Date    /    /

Name    Address    Phone    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. Everyone must show proof of full vaccination (one time only) in order to participate in Oasis programs. Be prepared to wear a mask if the CDC or NM state guidelines require them. Should your participation occur at an off-site location (i.e., other than the Oasis center located at 3301 Menaul Blvd NE, Suite 18), participants are asked to follow the guidelines required by that off-site location or the Oasis guidelines above, whichever is the most stringent. **Media Release** I give permission for The Oasis Institute/Albuquerque Oasis to photograph or videotape me and to use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute/Albuquerque Oasis's partners and by the media, as well as agree to be photographed or videotaped by the media for general publication.

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

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

**SIGNATURE REQUIRED** →

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	100	Intro to Mosaics: Art Workshop	\$55		
	101	Convention Center Art Tour*	\$15		
	102	Unitarian Church Mural*	\$12		
	103	Mosaics Found Objcs: Art Workshop	\$30		
	104	Pastel Painting	\$55		
	105	Pastel Painting	\$55		
	106	Quilling Art Workshop	\$30		
	107	Art Nouveau Glass	\$10		
	108	Art Nouveau Glass ZM	\$10		
	109	Metalsmithing: Art Workshop*	\$100		
	110	Not Planning to Die	\$10		
	111	Autonomous Vehicles	\$10		
	112	Cannabis Tour*	\$18		
	113	Cannabis Tour*	\$18		
	114	Marilyn Monroe ZM at Oasis	\$10		
	115	Marilyn Monroe ZM	\$10		
	116	Alfred Hitchcock ZM	\$10		
	117	Valencia Flour Mill Tour*	\$18		
	118	Jaramillo Vineyard Tour*	\$25		
	119	Eurozone Food Tour*	\$15		
	120	Mindful Eating	\$10		
	121	Mindful Eating ZM	\$10		
	122	Aging Mastery Program®	\$25		
	123	Alzheimer's Support Group ZM	Free		
	124	Sleep	\$10		
	125	Sleep ZM	\$10		
	126	Painful Feet & Ankles	\$10		
	127	Too Many Meds ZM	\$10		

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	128	Angst, Anxiety, & COVID-19	\$10		
	129	Respiratory Muscles ZM	\$10		
	130	Matter of Balance	Free		
	131	Healthy Gut	\$10		
	132	Meditation for Turbulent Times	\$10		
	133	Navigating Health Care	\$10		
	134	CPR/AED	\$5		
	135	Foot Care Clinic	\$10		
	136	Foot Care Clinic	\$10		
	137	Foot Care Clinic	\$10		
	138	Foot Care Clinic	\$10		
	139	Foot Care Clinic	\$10		
	140	Foot Care Clinic	\$10		
	141	Foot Care Clinic	\$10		
	142	Foot Care Clinic	\$10		
	143	Foot Care Clinic	\$10		
	144	Foot Care Clinic	\$10		
	145	Foot Care Clinic	\$10		
	146	Foot Care Clinic	\$10		
	147	Foot Care Clinic	\$10		
	148	Tai Ji Quan Balance	Free		
	149	Tai Ji Quan Balance ZM	Free		
	150	Tai Ji Quan Balance	Free		
	151	Tai Ji Quan Balance ZM	Free		
	152	Tai Chi Health	Free		
	153	Tai Chi Health ZM	Free		
	154	Tai Chi Health	Free		
	155	Tai Chi Health ZM	Free		

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	156	Yoga for Feet	\$10		
	157	Yoga for Feet ZM	\$10		
	158	Qigong	\$40		
	159	Stretch & Relax	\$24		
	160	Stretch & Relax ZM	\$24		
	161	Yoga for Sleep	\$20		
	162	Yoga for Sleep ZM	\$20		
	163	Taste of Tai Chi Chih ZM	\$10		
	164	16th Century Travelers	\$10		
	165	Untold Stories ZM at Oasis	\$10		
	166	Untold Stories ZM	\$10		
	167	Ancient Western World Weapons	\$10		
	168	German Rhineland Cathedrals	\$10		
	169	Vikings	\$10		
	170	Vikings ZM	\$10		
	171	Austin Book Group	\$10		
	172	Summit Book Group	\$10		
	173	Holmes Book Group ZM	\$10		
	174	West Mesa Book Group*	\$10		
	175	Edgar Allan Poe ZM	\$10		
	176	Singing the Show Tunes	\$65		
	177	Glen Campbell ZM	\$10		
	178	Herb Alpert ZM	\$10		
	179	Claude Debussy ZM	\$10		
	180	Queen Latifah ZM	\$10		
	181	Bernadette Peters ZM	\$10		
	182	Bix Beiderbecke ZM	\$10		
	183	Giacomo Puccini ZM	\$10		



## New Participant Form

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



Date: \_\_\_\_\_ Month/Year of Birth: \_\_\_\_\_

Name: \_\_\_\_\_  
(First) (Last)

Address: \_\_\_\_\_ Apt#: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

User name: \_\_\_\_\_

☐ 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 you provide is strictly confidential. We do not sell any information. This document is shredded after it is entered into our database.**

**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](http://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**

Registration opens on  
Wednesday, May 4, 2022, 10:00am  
& continues throughout the term.  
See pages 59-60.  
Classes begin Monday, May 9, 2022

[www.twitter.com/OasisAbq](https://www.twitter.com/OasisAbq)

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

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

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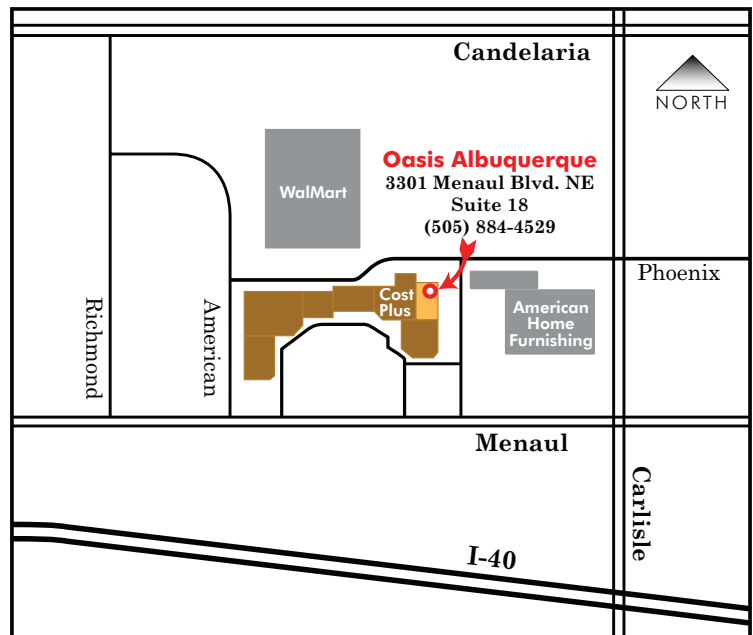
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