

Classes September - December 2022
Registration Opens
Wednesday, September 7, 2022 10:00am



FALL 2022

WELCOME BACK!

Lectures, health & wellness programs, art workshops, technology,
hikes, volunteering, & more!



Sponsored by:



Dear Oasis Friends,

Oasis moves into cooler days with plenty of classes, volunteer opportunities, and special events! Join us on Friday, September 16th from 10:00-Noon for our Celebrate Oasis! open house. The BCBSNM Care Van will be here offering various vaccines, Optum and Lovelace will have PT's here to assess your balance, the Oasis chorus group will serenade you, food treats, and lots more! Bring a friend!

Welcome UNM Health and MorningStar Memory Care at Northridge as new Oasis sponsors. Look for classes from their providers in this (and future) catalogs!

We are ever-hopeful that COVID-19 is behind us, however, please read our weekly emails, check the website, or call the office to learn if Oasis has any restrictions in place (mask and/or vaccine mandate).

Finally, consider tutoring an elementary school child. They need you! See page 4 for more information.



Kathleen Raskob
Executive Director

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.

The Oasis Center

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

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

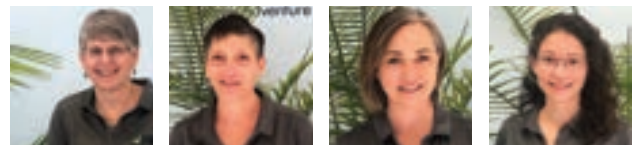
Mail: PO Box 35518, Albuquerque, NM 87176

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

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org



On the cover: Oasis Entertainers
See class #168 to join the singing fun!

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 54-55 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.

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, Vicki DeVigne, Becky Kenny

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

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See pages 66-67 for important policy & registration information or visit our website at www.oasisabq.org.

Celebrate Oasis!



Friday, September 16, 2022 10:00 am-12:00 pm
Oasis Albuquerque, 3301 Menaul Blvd, Suite 18

WE NEED YOUR HELP.
Bring a friend to
introduce to
Oasis!

Mini Concert by The Oasis Entertainers!

See demonstrations from our instructors -
Exercise, Science, Art, Hikes/Walks

Door Prizes!

Get a flu shot in the Blue Cross & Blue
Shield Care Van

Refreshments

Antique Car Show



Oasis is constantly recruiting
interested and interesting
volunteer reading mentors to
join our team!

We provide the training,
program resources, and fund your
background clearance.

Join us and share your time, your
talents, and your joy of reading with
an elementary school student.

Contact Vicki at Oasis for more
information at 505-884-4529 or visit
our website at <https://albuquerque.oasisnet.org/tutoring/>

One student. One reading mentor. Two lives forever changed.

LECTURES

ARTS

Greyshoes Studio Tour 1

101

Upton Ethelbah, Jr.



Greyshoes. Photo courtesy of the artist.

Upton Ethelbah, Jr., known as Greyshoes, is an award-winning stone and bronze sculptor whose work has received worldwide acclaim. Take a tour of Greyshoes' sculpture studio. His contemporary style is inspired by traditional and ceremonial aesthetic of his Santa Clara Pueblo and White Mountain Apache heritage. During the tour, Greyshoes discusses his art and process. Learn about the various types of stone he sculpts and their characteristics. View many works-in-progress in the studio. *Limited enrollment.*

Greyshoes, Upton Ethelbah Jr., began working as a sculptor after retiring from the Santa Fe Indian School. Ethelbah's first bronze 'Pueblo Corn Dancer,' was judged Best Contemporary Native American Art Work. In 2009, he was awarded first place in Stone Sculpture at the Santa Fe Indian Market and named the Featured Artist at the Living Treasures Native Art Show. He was named a Living Treasure by the NM Museum of Indian Art and Culture.

Wednesday

Sep 14

10:00 - 11:30

Fee: \$18

📍 Greyshoes Studio

Greyshoes Studio Tour 2

102

Upton Ethelbah, Jr.

See description and bio in class #101.

Thursday

Sep 15

10:00 - 11:30

Fee: \$18

📍 Greyshoes Studio

Hidden Treasure: Alexander Girard's Mural at First Unitarian Church 103

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 architect Harvey Hoshour's 1964 BauHaus style sanctuary. Hoshour was a mid-century luminary in his own right. 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 Church. She befriended Hoshour in her professional role in commercial interior design. When the mural was disassembled and moved in 2013 she chaired the committee that determined how to take it apart and re-assemble it.

Monday

Sep 26

10:00 - 11:30

Fee: \$12

📍 First Unitarian Church

Popping! A Playful Pastel Color Palette: Art Workshop 104

Susan Roden

Experience the artistic freedom and abandonment with colors seen in children's art. This two-part workshop begins with exercises on the handling and use of the pastels. We continue on to groups

of collaborative landscapes that implement bold and contrasting colors. The second session is devoted to individual pastels with a playful Fauvist-inspired palette. *All materials provided; bring materials fee of \$18 payable to instructor (cash or check) on first day of class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club (New York), a distinguished pastelist, and was 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 many publications.

Thursday & Friday Sep 29 - Sep 30 12:30 - 3:30
Fee: \$55 2 sessions 

Introduction to Metalsmithing: Art Workshop 106

Margie Weinstein

Join us for a hands-on introduction to metalsmithing at Meltdown Studio. In this two-session workshop, learn techniques including cutting, texturing, stamping, soldering, making findings, polishing, and more. Take home several completed metal projects including a textured sterling silver ring band. No previous experience is required. *All materials and tools are provided. 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 & Thursday Oct 5 - Oct 6 1:00 - 3:00
Fee: \$100 2 sessions  **Meltdown Studio**

Tamarind Institute Tour 107

Tamarind Institute—home to a professional workshop, gallery, and educational institute—is credited with revitalizing fine art lithography. Tamarind houses an extensive archive of historic material and a vast print inventory of more than 8,000 lithographs. Take a behind-the-scenes look at the gallery and a guided tour of Tamarind's world-renowned workshop. *Limited enrollment.*


Friday Oct 21 10:00 - 11:30
Fee: \$15  **Tamarind Institute**

Retablo Painting: Art Workshop 108

Cindee Ulibarri

Traditionally, retablos are a northern New Mexico folk art form featuring Catholic figures and the events that made them notable. Cindee Ulibarri, a retablo artist, instructs students in painting retablos with watercolor on pine wood panels prepared with a traditional gesso. Use designs provided by the instructor or create your own, transferring images from tracing paper to the panels. *Bring \$10 materials fee payable to instructor at first class (cash or check) includes all supplies. You are welcome to bring your own watercolor paints and brushes. Limited enrollment.*

Cindee Ulibarri is an artist born and raised in Santa Fe. In 2013, she became a member of the Spanish Colonial Arts Society by presenting her finished traditional retablos for evaluation. She has taught classes on retablos and works in other media and styles such as barnwood saints, drawings, and more.

Thursday & Friday Oct 27 - Oct 28 1:00 - 3:00
Fee: \$55 2 sessions 

Introduction to Mosaics


Jill Gatwood

109



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). Second class is 12:00-2:00 (2 hours). Limited enrollment.*

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

Thursday	Nov 10	12:00 - 4:00
Friday	Nov 11	12:00 - 2:00
Fee: \$55	2 sessions	 Oasis

New Styles of Art Glass between the World Wars

110

Cathy Dahms

After the devastation of World War I, the world was ready for a more modern style in the decorative arts. Art Deco is the umbrella term used to define the extraordinary variety of design during the interwar years ranging from the extravagance of the 1920s to austerity of the 1930s. Explore the glass of this period - its characteristics, key glass designers,

new emerging forms - with lots and lots of representative examples.

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

Wednesday
Fee: \$10

Dec 7

2:30 - 4:00
 **Oasis**

CONSUMER INFORMATION & FINANCE

Making the Most of Medicare: Preparing for Open Enrollment 111

Kris Winterowd

Wondering how to lower your Medicare costs while making sure you are taking advantage of all the benefits possible? Medicare Open Enrollment is October 15 through December 7. Medicare health and drug plans may change each year, including: cost, coverage, network providers, and pharmacies. Also, your health needs and/or medications may have changed. Learn from an impartial source how to maximize your Medicare benefits. Learn how a plan comparison with an unbiased expert might improve your coverage and save you money.

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

Wednesday
Fee: \$5

Oct 5

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

Duran's Central Pharmacy History & Tour: Field Trip 112

Mona Ghattas

Duran Central Pharmacy (Duran's), the iconic independent drugstore near Old Town, has been in business since 1942, providing pharmaceutical resources to our community, as well as serving up quality New Mexican food. The Ghattas family purchased Duran's from Pete Duran in 1965. Our tour begins at Remedy, a cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas provides the history and then leads a tour of the pharmacy. *Limited enrollment.*

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

Tuesday **Nov 1** **9:30 - 10:30**
Fee: \$18  **Duran's Central Pharmacy**

The Law & Your Money 113

Susan Elaine Page

Join lawyer Susan Page, as she describes how the law protects you and your money, and how it doesn't. Learn how credit works and what laws protect your income from debt collectors. Gain information about when you may need to file for bankruptcy, and when you don't. Review tips on how to avoid scams. Resources will be provided for further legal services if you need them.

Susan Page, Esq., has been a lawyer since 1981. She is retired from the Bernalillo County District Attorney's Office. She later worked at the state bar, providing legal advice to seniors. She has received awards from Legal Aid and the state bar for her pro bono work.

Tuesday **Nov 8** **12:30 - 2:00**
Fee: \$10  **Oasis**

CURRENT EVENTS

Current Events Discussion Group ZOOM 114

Read and discuss topics from a broad cross-section of the local and world press, academic blogs, and policy think-tanks to gain a better understanding of current event issues. Jim Munroe hosts the every other Monday zoom sessions. Participants are encouraged to supply topics of interest and core materials and facilitate an individual session. All points of view are welcome, especially constructive and civil rebuttals. Topics are not finalized until four to six weeks before the first meeting. *Limited enrollment.*

Mondays **Sep 12 - Dec 5** **9:15 - 10:45**
Fee: \$30 **7 sessions**  **Zoom**

The State of Education in New Mexico 115

Amanda Aragon

Participants learn about the current state of the education system in New Mexico by diving into current education data including student and educator demographics, student, teacher, and school performance, and school funding. Participants will leave with a key understanding of New Mexico's education system and how policy plays a critical role in preparing our students for success.

Amanda Aragon is the founder and executive director of NewMexicoKidsCAN. She graduated from the University of Tulsa with a BSBA in international business and Spanish, a minor in economics, and a certificate in international studies. She is involved in many community organizations, and is a graduate of the Leadership New Mexico Program.

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

Cannabis: Behind the Scenes at Ultra Health Manufacturing Lab 1 116

Ultra Health's state-of-the-art production facility hosts all of the operator's vertically integrated functions. There is an on-site dispensary, pharmaceutical-grade manufacturing lab, post-harvest warehouse, and more than 100,000 square feet of cultivation capacity. The site hosts two 35,000 square foot greenhouses and cold frame structures to house cannabis plants as they grow. The campus is a comprehensive cannabis production site that exhibits all of the functions of a cannabis operation from seed to sale. *You will be walking and standing on uneven ground during the entire tour. Limited enrollment.*

Tuesday **Sep 20** **9:30 - 10:45**
Fee: \$15 📍 **Bernalillo Cannabis Dispensary**

Cannabis: Behind the Scenes at Ultra Health Manufacturing Lab 2 117

See description and bio in class #116.

Tuesday **Sep 20** **11:00 - 12:15**
Fee: \$15 📍 **Bernalillo Cannabis Dispensary**

The Russo-Ukrainian War: Military Outlook, Economic and Political Impact of Sanctions ZOOM 118

Edward Verona

Join this class for an overview of the Russian invasion of Ukraine, including Verona's personal impressions based on visits to Ukraine. He discusses the international reaction to the invasion, an assessment of the impact of Western sanctions on the Russian economy with a focus on the oil and gas sector, and observations on the political consequences of the war within Russia.

Ed Verona is a former US Foreign Service Officer; former Executive Director Petroleum Advisory Forum (Moscow); oil and gas industry executive (ExxonMobil, Chevron, Texaco); former President

of the US-Russian Business Council; Chairman and President of the Trident Acquisitions Corporation (now LTRY on Nasdaq) and Senior Advisor at McLarty Associates in Washington, DC.

Friday **Sep 23** **10:00 - 11:30**
Fee: \$10 📺 **Zoom**

Investigative Genetic Genealogy 119

Philip Spivey



Investigative genetic genealogy, also referred to as forensic genetic genealogy, is the practice of combining genealogy with genetic information from direct-to-consumer companies to identify suspects or victims in criminal cases. This class walks you through the tools and techniques used for this type of research. Learn how investigative genetic genealogist pioneers like Barbara Rae-Venter and CeCe Moore have helped law enforcement solve cold cases and catch criminals like the Golden State Killer.

Philip Spivey is a professional genetic genealogist. He is member of the Association of Professional Genealogists, the National Genealogical Society and is Past President of the Albuquerque Genealogical Society.

Thursday **Sep 29** **10:00 - 11:30**
Fee: \$10 🌱 **Oasis**

Critical Race Theory: Context, Controversy, & Call to Action ZOOM

120

Richard Bell

Suddenly, everyone is talking about Critical Race Theory (CRT), a set of premises developed by legal scholars decades ago to interpret America's institutions in the context of race and civil rights. Yet what exactly is CRT? Richard Bell aims to locate the origins of CRT, establish its core premises, describe the recent controversy, and introduce participants to a list of practices that CRT scholars believe all of us can adopt to mitigate the worst legacies of slavery in our supposedly post-slavery world.

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



Monday Oct 17 12:30 - 2:00
 Fee: \$10  Zoom

Critical Race Theory: Context, Controversy, & Call to Action ZOOM at Oasis*

121

See description and bio in class #120.

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


Monday Oct 17 12:30 - 2:00
 Fee: \$10   Zoom at Oasis

The Complexity of Gender 122

Creve Maples

We are taught that people with XX chromosomes are female and those with XY are male. This is simplistic and a seriously incomplete distinction. From a biological perspective, sex and gender are only loosely coupled. In 1936 the Olympic Committee attempted to distinguish male from female athletes. Eighty years later, they still have yet to find any definitive test. This two-part class explores the complex factors that ultimately define a person's place in the gender spectrum and provides a scientific basis for understanding this diversity.

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 archaeology led to the formation of companies active in these areas. These classes result from a scientific curiosity and desire to explore unusual, thought-provoking topics.

Tuesdays Oct 25 - Nov 1 2:00 - 4:00
 Fee: \$20 2 sessions  Oasis

Understanding the Middle East 2021-2022 123

Emile Nakhleh

The Middle East has experienced major developments and challenges: politically, economically, militarily, and socially. In addition to the war in Yemen, the region has been affected by Russia's war in Ukraine. Confrontations between Israelis and Palestinians continue with no resolution. The Middle East has seen a rise in poverty, unemployment, corruption, and distrust. Understanding the Middle East is best achieved through five major themes: geography, religion, natural resources,

relations with foreign powers, and governance.
*Presented in partnership with the World Affairs
Council of Albuquerque.*

Dr. Emile Nakhleh was a senior intelligence service officer and Founding Director of the Political Islam Strategic Analysis Program at the Central Intelligence Agency. He retired from UNM where he was a Research Professor and Founding Director of the Global and National Security Policy Institute. He is a member of the Council on Foreign Relations, and the author of *A Necessary Engagement: Reinventing America's Relations with the Muslim World*.

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

The American Love Affair With Guns

George Ovitt



Uvalde, Texas buried nineteen children and two teachers, slain by an eighteen-year-old armed with a military-style semi-automatic weapon. Enlisted to pass legislation designed to make this sort of predictable tragedy less likely, virtually all Republicans and many Democrats have refused, citing the Second Amendment and the 'liberties' of gun owners. There are over 400 million guns in America, and since 2014, over 34,000 children have been killed or injured by firearms. What lies behind America's gun exceptionalism? Who ben-

efits? Why do political parties lack the will to act when 69% of Americans don't own a firearm?

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

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

Southeast Asia in 2023: Economic and Political Challenges 125

William Itoh

After decades of peace and prosperity, the nations of Southeast Asia must now face the challenges of restoring economic growth following the impact of the pandemic. The Association for Southeast Asian Nations 10 (ASEAN10) must also manage relations with a more assertive and powerful China while maintaining important ties with the US. The Biden administration has pledged to strengthen diplomacy and dialogue. However, the US role and influence in the region have declined. This class focuses on current security issues, political developments, and economic trends and their implications for US interests.

Ambassador William Itoh is a Senior Advisor with McLarty Associates, an international business consulting firm. He also serves as professor of the practice of Public Policy at the University of North Carolina Chapel Hill. He is a retired Foreign Service officer and served as executive secretary of the National Security Council at the White House and as Ambassador to Thailand.

Wednesday **Dec 14** **10:00 - 11:30**
Fee: \$10  **Oasis**

FILM & TV

Live and Let Die: The Themes of James Bond ZOOM 126

Jane Ellen

Surely no film music has enjoyed more popularity than the music written for the big screen appearances made by Ian Fleming's eternal bad boy: "Bond. James Bond." Although John Barry first carried the musical burden, his work would soon be coupled with or eclipsed by some of the greatest names in music: Shirley Bassey's 'Goldfinger', Paul McCartney's 'Live and Let Die', Carly Simon's 'Nobody Does it Better', and most recently Billie Eilish's 'No Time to Die'.

Jane Ellen shares her eclectic interests with Oasis audiences from her island home on Florida's Space Coast. Specializing in music and entertainment history, she especially enjoys exploring the artist behind the art. Jane's presentations benefit from her gifts as a storyteller, independent scholar, performer, and composer.

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

America's Favorite Holiday Movie: A Look Inside 'It's A Wonderful Life' ZOOM 127

Brian Rose

Frank Capra's "It's a Wonderful Life" is a beloved Christmas classic. The streets of Bedford Falls, the desperate travails of George Bailey, and the discovery of Zuzu's petals have become traditional signatures of the holiday season. Yet when the film was released it was a box-office flop and was largely forgotten—until it was rediscovered through endless TV airings and Christmas Eve broadcasts. Examine the movie, its surprisingly dark portrait of small-town life, and how it became the ultimate in holiday goodwill.

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, and the British Academy of Film and Television Arts.

Wednesday Dec 14 12:30 – 1:45
Fee: \$10  Zoom

FOOD & NUTRITION

Jaramillo Vineyard Field Trip 128

Barbara and Robert Jaramillo

Travel 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 to their tasting room, located in the historic 1909 Central Hotel in downtown Belen. Taste six different wines and sample light appetizers while you learn more about the winery's history and background. *You will be walking and standing on uneven ground during the tour. Limited enrollment.*

Robert Jaramillo became an airline pilot after a stint in the Navy; he enjoyed some of the best wines of the world while traveling. He and his wife Barbara began growing grapes in New Mexico, following in the footsteps of his grandfather, Leopoldo Jaramillo, the largest wine producer in the Middle Rio Grande Valley prior to prohibition, and his father Salo, who grew grapes and made wine on a home-production scale.

Wednesday Sep 21 10:00 - 1:00
Fee: \$25  Jaramillo Vineyards

Plant-Based Eating: The What, Why, & How? ZOOM 129

Tony Quintana



Join Tony Quintana for an introduction to plant-based eating. Learn what it means to follow a plant-based diet, why people choose to eat this way, and how to transition to a plant-based diet. Discover the health benefits, as well as tips for meal planning, shopping, recipes, and cooking.

Tony Quintana holds a master's degree in health education from UNM and is the Plant-Based Eating Program manager for Animal Protection of New Mexico. He has worked in health education and health promotion, managing nutrition, diabetes, obesity, and HIV programs. He is also an experienced fitness instructor with three fitness certifications from the American Council on Exercise. He follows a plant-based diet and enjoys sharing information on the benefits.

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

HEALTH

Aging Mastery Program 130

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.

It incorporates evidence-based materials, expert speakers, group discussions, and peer support. Each class covers a different topic as it relates to aging. Topics range from exercise, healthy eating, finances, living wills, sleep, medication management, healthy relationships, and community engagement. *This program was developed by the National Council on Aging (NCOA). Bag, workbook, refreshments, and additional materials included-a value of over \$150. Limited enrollment.*

This class is offered with support from a Healthy Kids, Healthy Families grant from Blue Cross and Blue Shield of New Mexico.

Wednesdays **Sep 14 - Nov 16** **10:00 - 12:00**
Fee: \$25 **10 sessions** **Oasis**

Foot Health and Better Balance 131

Janet Simon

Feet and footwear play key roles in balance. As we age, it is not uncommon to experience changes in the shape of our feet that affect balance. Learn how to prevent or adapt to these foot changes and select footwear that supports foot health and reduces risk of a fall. Janet Simon also provides demonstrations of home-based treatments and performs several sample footwear evaluations using audience volunteers.

Janet Simon, Doctor of Podiatric Medicine (DPM), 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.

Monday **Sep 19** **10:00 - 11:30**
Fee: \$5 **Oasis**

Speaking the Unspeakable 132

Judi Marshall, Mary Cahalan & Michele Coleman
Join a former nun, a professor, and a minister as they come together to discuss the challenges and joys of the aging journey. During this time of story-telling and shared experiences, they provide an opportunity for you to dive into your own experiences, share stories, and begin to dissipate the isolation that often comes to aging seniors. Uncover ideas, identify doubts, and discuss concerns about the process of aging with experiential exercises, storytelling, and sharing of resources.

Limited enrollment.

Mary Cahalan, in her 80's, is a licensed social worker and former nun. She has volunteered in the Grandparents Raising Grandchildren program. Dr. Michele Coleman, in her 60's, is founder, CEO, and clinical director of Attachment Healing Center, a division of Inner Guidance. She is a marriage and family therapist and licensed social worker. Judith Marshall, in her 70's, is an ordained minister and licensed parent and family educator. These women are friends sharing this journey of aging together.

Monday	Sep 19	10:00 - 11:30
Fee: \$10		 Oasis

A Matter of Balance 133

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, 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. *This is an interactive, discussion-focused class. Limited enrollment.*

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

Wednesdays	Sep 21 - Nov 9	1:00 - 3:00
Fee: Free	8 sessions	 Oasis

Avoid the Shuffle to Prevent a Fall 134

Janet Popp

Do you feel like you are starting to shuffle your feet when walking? While falls are more common as we age, they are not a normal part of aging. Changes in balance, strength, and flexibility can affect the way we walk. Janet Popp reviews the various issues related to balance and walking changes. She then discusses strategies for addressing these changes in order to improve your balance and walking, as well as reducing your risk of falls.

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 Sep 22 12:30 - 2:00
Fee: \$5  Oasis

Positive Intimacy & Aging 135

Molly Adler

Sexuality educator Molly Adler presents a healthy, positive, and fun approach to aging and intimacy. She counters the negativity and ignorance surrounding sex after a certain age and shares techniques and solutions for dealing with erectile dysfunction, menopause, changing libido, terminal illness, fatigue, and other joys and challenges that come with aging.

Molly Adler is a sex therapist, licensed clinical social worker, and board certified sexologist. She has

worked with individuals and couples on sexuality and gender issues, intimacy, relationships, and life transitions. Alder is co-founder of Self Serve Sexuality Resource Center, New Mexico's first education-based, award-winning, sex-positive shop.

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


Protecting Your Back **136**

Mark Schwartz



Join Mark Schwartz for Backsafe®, an informative, fun, and interactive workshop designed to improve your awareness of proper body mechanics when doing everyday activities. Work through activities such as lifting, bending, sweeping, gardening, vacuuming, using a laptop, and other activities of interest to you. Learn how you can be more productive and maintain your energy through safer, more efficient movement. *Please wear comfortable clothing. Limited enrollment.*

Mark Schwartz has been a chiropractor in Albuquerque for 19 years after practicing in Pennsylvania for over 20 years. He is certified in the Backsafe® program and has been offering it for 12 years. He is a member of the International Chiropractic Association and the New Mexico Chiropractic Association.


Friday **Oct 7** **10:30 - 12:00**
Fee: \$15 

Arthritis: Treatments and Surgical Options for Your Hips and Knees **137**

Patrick Gilligan

If you suffer from painful or poorly functioning hips or knees, join orthopaedic surgeon Patrick Gilligan to learn about options for care. Dr. Gilligan discusses hip and knee replacements as well as revisions of previously replaced joints. Understand similarities and differences between traditional and robotic surgery, techniques such as muscle sparing, and less invasive approaches.

Patrick Gilligan, MD and member of the American Academy of Orthopaedic Surgeons, is an orthopaedic surgeon with Lovelace Medical Group. He specializes in hip and knee replacements, as well as revisions of previously replaced joints. At UNM, he completed medical school and his orthopedic surgery residency in the Department of Orthopaedics and Rehabilitation. His fellowship in adult reconstruction was at West Virginia University's Department of Orthopaedics.

Thursday **Oct 13** **10:00 - 11:30**
Fee: \$10 

Why Good Hearing = Brain Support & How To Navigate Your Hearing Aid Purchase **138**

Carol Clifford

As a consumer you are targeted by multitudes of advertisements that promise so much. "Low cost, easy to use, invisibility, perfect hearing." What makes one hearing device different from the next and what do you need to know to purchase good hearing, not just good hearing aids. Learn how to get the correct support for your ears to keep your brain functioning at its best.

Albuquerque audiologist Carol Clifford, AuD, received her bachelor's degree in communicative disorders from Colorado State University, her mas-

ter's degree in audiology & hearing impairment from Northwestern University, and her doctorate from A.T. Still University. She founded Albuquerque Hearing & Balance in 1998.

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

Joints That Go Creak in the Night: An Overview of Arthritis **139**

Michael Bergeron

Arthritis can be different for everyone. For some people it goes creak in the night; for others, it's only in the cold, or when one least expects it. This presentation includes an overview of the types of arthritis, how symptoms may vary, tips for self-care, and how arthritis may impact mobility and balance.

Michael Bergeron, MD, MBA is the senior medical director at Optum New Mexico. He has more than 25 years of experience in the practice of family medicine. He earned his bachelor's degree in biology from St. Michael's College in Burlington, Vermont and his medical degree from Dartmouth Medical School in Hanover, New Hampshire.

Monday **Nov 7** **10:00 - 11:30**
Fee: \$10  **Oasis**

End-of-Life Doulas: Let's Get Talking! **ZOOM** **140**

Al Ogawa

The growth in the end-of-life doula movement has facilitated support and companionship for people approaching end-of-life. While there are many death and dying related professions, doulas empower people and their families to approach dying with the same values they approach living. This course introduces the end-of-life doula profession, while sharing practical tips and thought-provoking questions about our final chapters.

Al Ogawa (they/she) BA is a born and raised New Mexican and current 4th year medical student at the University of Rochester School of Medicine and Dentistry. Ogawa is pursuing a career in family medicine and geriatrics, with special interests in LGBTQ+ health, healthy aging, and palliative care. They completed their End-of-Life Doula Professional Certificate through the University of Vermont Larner College of Medicine and feels honored to support people in end-of-life through this work.

Tuesday **Nov 8** **2:30 - 4:00**
Fee: \$10  **Zoom**

Hands-Only CPR & AED Use **141**

Resuscitation Rangers



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

The Resuscitation Rangers is a volunteer program offered by Lovelace Health System, which includes

the Heart Hospital of New Mexico at Lovelace Medical Center, dedicated entirely to cardiovascular care. The mission of the Rangers is to improve outcomes for heart attack and cardiac arrest victims by helping to educate the community.

Thursday **Nov 10** **2:30 - 4:00**
Fee: \$5  **Oasis**

Osteoporosis: The Impact and Benefit of Treatment **142**

Jaren Trost

Osteoporosis affects millions of people every year. Taking a pro-active approach to prevention and/or treatment can help maintain your quality of life and minimize your health-related expenses. Join Trost for a discussion of the causes, prevention strategies, and low-cost, effective treatments for osteoporosis.

Jaren Trost, MD, MBA, is Optum New Mexico's Medical Director over primary care. He believes in helping New Mexicans live better, longer, and healthier lives. He is board certified in both internal medicine and rheumatology. Prior to joining Optum, Trost was a rheumatology fellow at UNM.

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

Mindfulness in Everyday Life **143** **ZOOM**

Linda Mockeridge

Ever wonder what it would be like to be "awake" all day? With all the distractions tugging at our time, we tend to give limited attention to most and wonder what really happened. Learn a variety of everyday practices and activities to "try on" in order to gain the opportunity to really be present in mind and body to take in your life, delight in relationships, and enjoy the world around you.

Linda Mockeridge is a licensed clinical social worker (psychotherapist) in private practice and a senior teacher at the Shambhala Meditation Center of San Antonio. Her meditation journey began over 25 years ago. She has taught mindfulness classes in a variety of settings including juvenile facilities, prisons, places of work, schools, conferences, public forums, and senior centers.

Monday **Nov 14** **2:30 - 4:00**
Fee: \$10  **Zoom**

Acupressure for Pain Management **144**

Li Xu

This class offers audiences a good understanding of acupressure and acupuncture, together with hands-on presentations on how to use certain acupressure points to manage low back pain, knee pain, neck pain, and headaches. Learn how you can apply these techniques in your daily life to manage chronic pain.

Li Xu holds a PhD in acupuncture, is a DOM (Doctor of Oriental Medicine), and has been learning and practicing acupuncture since 1995. In 2004, Xu moved to Albuquerque from China to teach acupuncture at Southwest Acupuncture College, and she continues to practice here. Xu specializes in pain management, women's health, and internal medicine.

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

Pillars of Well-Being **145**

Lauri Medina

We know that health is not merely the absence of illness. Discover how to optimize your life and well-being through whole health practices that address the pillars of well-being. Unlock your power to heal and be well regardless of age, medical condition, or diagnosis, and have fun doing it. This presentation includes a surprise experiential practice.

After a loved one dies, facing the holidays often brings up mixed and painful emotions. Having a plan for how you want to celebrate or commemorate the holiday season can help to navigate difficult times. Join this session to learn how to manage hard feelings as they arise, create a plan to honor your favorite traditions, and find support.

Jade Richardson Bock, certified grief educator, joined the grief and loss support community in 2003 as a volunteer bereavement facilitator with the Children's Grief Center of New Mexico. She began working for the organization in 2005. In 2014, she co-authored *Parenting Through Grief*, a guide to grieving while raising young people. Ms. Bock is the Executive Director of the Grief Center in Albuquerque.

Living at home as you age requires careful consideration and planning. Join a home safety expert

for strategies to make your living space a safe and accessible place. We discuss home and personal changes you can make to reduce the risk of a fall in your home. Learn ways to protect your health and safety and live independently for as long as possible.

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

Treat your body like royalty and get to the root causes of what's going on inside of you. Get tips for living a healthier life through habit adjustments that can empower you to talk to your provider about ways to improve health without prescriptions. Discuss strategies for improving cognition, weight, cardiovascular health, sleep, and bone density, as well as for decreasing your risk of falling.

Gilberto Heredia, MD, is a family medicine provider with Optum New Mexico. He believes that people should treat their bodies like royalty and focus on things they can do on their own to improve their health and overall wellbeing.

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

Physical Therapy for Dizziness and Balance Issues 149

Morgan Fry

Too many people are affected by dizziness and vertigo and don't know where to go or what to do about it. Learn what specifically gives us balance, what happens when you have balance system issues, and some of the causes of dizziness/vertigo. Fry addresses some of the ways that it can be treated, sometimes in minutes.

Morgan Fry earned his Doctor of Physical Therapy in 2012 from University of the Pacific. He has worked exclusively with dizziness/balance issues (vestibular rehabilitation) for the past 5 years. He completed specialized course work in vestibular rehabilitation by Duke and Emory Universities and has furthered his education by pursuing his neurologic clinical specialist certification.

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

HISTORY & CULTURE

The Dark Treason of Benedict Arnold ZOOM 150

Richard Bell

Benedict Arnold is the most famous turncoat in American history. He was a skilled officer in George Washington's Continental Army, who began secretly communicating with British intelligence agents, giving them insider information, and dramatically defecting to their side in return for a mountain of cash. Historian Richard Bell reconstructs the life and times of Benedict Arnold, the reason for the treason, and the larger problems of betrayal and desertion that dogged the Continental Army throughout the war.

See bio in class #120.

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

The Catacombs of Rome 151

Timothy Graham




Beneath Rome lies a network of tunnels that provided the final resting place for nearly a million people in the early Christian centuries. We examine why the catacombs were built, the different types of burial, and the fascinating collection of art within the catacombs. Writing in the fourth century, St. Jerome compared visiting the catacombs to a trip into hell. Explore Rome's storied underground burial sites in a more comfortable environment.

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

The Catacombs of Rome ZOOM 152


See description and bio in class #151.

Monday **Oct 3** **12:30 - 2:00**
Fee: \$10  **Zoom**

Renovatio Imperii: Justinian, Theodora, and the Later Roman Empire 153*Matthew Barbour*

Emperor Justinian I is sometimes referred to as the “Last Roman.” His reign, from 527 to 565, represented a high point for the later Roman Empire in which large portions of Spain, Italy, and Northern Africa were reincorporated into the state centered at Constantinople. Yet, it was also a time marked by great cruelty, famine, and, if Procopius is to be believed, lewdness. Explore the life and times of Emperor Justinian, Empress Theodora, and the empire they ruled.

Matthew J. Barbour holds BA and MA degrees in anthropology from UNM and works for the New Mexico Department of Cultural Affairs. Currently, Barbour is the deputy director of New Mexico Historic Sites. Throughout his career, he has published over 200 nonfiction articles and monographs.


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

Understanding Northern Ireland 154*Caleb Richardson*

For a small country on the edge of Europe, Northern Ireland has had an unusual gift for making headlines. For years, it was notorious for a religious conflict that seemed more medieval than modern. Just as it was shedding this reputation, it found itself at the heart of the Brexit debate. And then came Derry Girls! This class introduces you to

one of the most troubled, complex, beautiful, and fascinating societies in world history.


Caleb Richardson is Associate Professor of History and the Associate Chair of the History Department at the University of New Mexico. His first book, *Smyllie’s Ireland: Protestants, Independence, and the Man Who Ran the Irish Times*, was published in 2019. He teaches courses in British history, Irish history, the history of espionage, military history, and counterfactual history.

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

Nu Shu: The Secret Language of Chinese Women 155*Norma Libman*

In pre-Communist China, when women were not allowed to attend school, they invented their own secret writing system and sewed the characters into household linens so the men would not know they were writing. This is the story of how the language worked, how it was discovered, and what it revealed about life in rural China that male historians never were able to observe.

Norma Libman has been teaching courses in literature and history for Oasis for more than 20 years. She has degrees in education and literature and is a lecturer and a journalist with more than 500 published articles in newspapers nationwide. She is the author of two award-winning books, *Lonely River Village: A Novel of Secret Stories*, and a memoir, *The Story of the Story*.

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

The Cuban Missile Crisis at 60: The Secret Intelligence Perspective 156

Bruce Held



The Cuban Missile Crisis was a 13-day (October 16-28, 1962) confrontation between the United States and the Soviet Union, often considered the closest the Cold War came to escalating into a full-scale nuclear war. President Kennedy would have been surprised by the deployment and the Soviets success in presenting us with a *fait accompli* had it not been for the personal intervention of CIA Director John McCone. Bruce Held discusses how McCone's "Honeymoon Telegram" turned a potential intelligence failure into one of the greatest intelligence successes of all time.

Bruce Held is a retired CIA covert officer. From 2010-2012, he was Director of Intelligence and Counterintelligence for the Department of Energy and from 2013-2014 he led the US nuclear weapons program as the Acting Administrator of the National Nuclear Security Administration. He is the author of *A Spy's Guide to the Kennedy Assassination*.

Friday Oct 14 10:00 - 11:30
Fee: \$10 

The Invention of Standard Time 157

Roland Penttila

Roland Penttila introduces you to Sir Sanford

Fleming and describes how missing his train got him thinking about time and how we understand it. His work led to the world time zones and the standardized use of time that was a boon to the emerging industrialized world. As trains facilitated faster travel, there was a need for everyone to know what time it was.

Roland Penttila is a retired civil engineer who added amateur historian to his photography hobby. He approaches his historical research like an engineering project and is interested in a variety of historical topics.


Thursday Oct 20 12:30 - 2:00
Fee: \$10 

The Clock that Changed the World ZOOM 158

Kirk Gulledge

Until the mid-18th century, many ships were lost and wrecked at sea because they did not know where they were. They could usually tell their east-west latitude using simple instruments, but it was virtually impossible to tell their north-south longitude, and that was deadly. The best scientists couldn't figure out a solution, but a simple, uneducated carpenter did by inventing the most accurate clock in the world.

Kirk Gulledge is a retired developer of retirement communities. He has a doctorate in gerontology from the University of North Texas and a continuing passion for travel and learning. He and his wife now live in Florida, but he was actively involved with Oasis while he lived in Albuquerque. The current presentation comes from a discovery he made while traveling recently in England.

Friday Oct 28 10:00 - 11:30
Fee: \$10 

Coexistence & Violence: The Polish-Ukrainian-Russian Borderland, 1914-2022 159

Michael Nutkiewicz

The Polish-Ukrainian-Russian borderland was a contentious region. Czarist Russia claimed the territory as part of its empire. The Bolsheviks retained that claim and fought both Ukrainians and Poles during World War I. Ukrainians and Poles fought the Germans and each other for control of the territory. The Russian invasion of Ukraine in February 2022 revealed that the battle over control of Ukraine is not over. This talk focuses on the struggle for the borderlands and its consequences for the people who live there.

Michael Nutkiewicz was executive director of Oasis Albuquerque from 2010-2014. He now teaches and publishes on topics in Jewish and general European history and philosophy. Besides university teaching, he has held executive positions with agencies that work with refugees and victims of political violence. His translation of the Yiddish memoir of an aid worker in Ukraine during World War I will be published soon.

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

The Devil in Renaissance & Reformation Art and Literature 160

Charles Steen

In the changing times of the fifteenth and sixteenth centuries, creative minds addressed the presence of evil in their lives. The devil became an active force in image and story, matching the real and horrifying facts in religion and warfare.

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

also holds a PhD in early modern European history from UCLA.

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

Irish Monks 500-1000 CE: Beacons of Light 161

Maya Sutton

Monks from Ireland dispersed across Western Europe after the collapse of the Roman Empire (476 CE). Rome's ruin devastated every aspect of European life. 'The Dark Ages' descended: illiteracy was rampant, towns became villages, and cultural centers disappeared. Irish monks brought literacy to the European upper classes, established schools, and supported the growth of towns and trade around their monasteries. The monks created 'beacons of light' until other aspects of civilization slowly returned and blossomed into the Renaissance.

Maya Magee Sutton graduated from Georgetown University's School of Foreign Service, triggering her desire to travel and engage with other cultures. Sutton received her PhD from UNM where she taught Celtic history and mythology.

Wednesday **Nov 16** **2:30 - 4:00**
Fee: \$10  Oasis

Courts of the Sixteenth Century 162

Charles Steen

The courts that were centers of power in the sixteenth century demonstrated their power through the use of art, architecture, music, dance, and literature. Charlie Steen describes the palaces in France, England, Spain, and the Netherlands, where every event was carefully planned and managed as a demonstration of prestige and power.

See bio in class #160.

Monday **Dec 5** **12:30 - 2:00**
Fee: \$10  Oasis

LITERATURE

Austin Book Group**163***Mary Bibeau*

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Sept 13 – *The Beekeeper of Aleppo* by Christy Lefteri, October 11 - *The Midnight Library* by Matt Haig, November 8 - *Interpreter of Maladies* by Jhumpa Lahiri, and December 13 - *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray. *Limited enrollment.*

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

Tuesdays **Sep 13 - Dec 13** **1:30 - 3:00**
Fee: \$10 **4 sessions**  **Oasis**

Summit Book Group**164***Merrie Courtright*

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Sept 20 - *A Woman of No Importance* by Sonia Purnell, October 18 - *The Good Good Pig* by Sy Montgomery, November 15 - *Albuquerque* by Rudolfo Anaya, and December 20 - *Elevation* by Stephen King. *Limited enrollment.*

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

Tuesdays**Fee: \$10****Sep 20 - Dec 20****4 sessions****11:00 - 12:30** **Oasis****Holmes Book Group ZOOM****165***Betty Whiton & Mary Tabor*

The Holmes Book Group meets on the third Tuesday of every month. Book selections are: Sept 20 - *The Soul of an Octopus* by Sy Montgomery, October 18 - *Eleanor Oliphant is Completely Fine* by Gail Honeyman, November 15 - *People of the Book* by Geraldine Brooks, and December 20 - *Miss Benson's Beetle* by Rachel Joyce. *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**Fee: \$10****Sep 20 - Dec 20****4 sessions****1:00 - 2:30** **Zoom****West Mesa Book Group****166***Linda Irene Castagneri & Mary Herrmann Hughes*

The West Mesa Book Group usually meets on the third Wednesday of each month (not in December). Book selections are: September 21 - *All the Light We Cannot See* by Anthony Doerr, October 19 - *House of the Spirits* by Isabel Allende, November 16 - *Bless Me, Ultima* by Rudolfo Anaya, December 14 - *The Alchemist* by Paulo Coelho. *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 **Sep 21 - Dec 14** **1:30 - 3:00**
Fee: \$10 **4 sessions** 📍 **Open Space Visitor Center**

Mary Shelley: Creator of Science Fiction ZOOM **167**

Jane Ellen

One dark and stormy night (long before H.G. Wells and Jules Verne) 18-year-old Mary Shelley (1797-1851) wrote the first drafts of a ghost story on a dare. The resulting epic, *Frankenstein or The Modern Prometheus*, was published in 1818. By 1826 she had also completed *The Last Man*, now acknowledged to be the first published work of dystopian or apocalyptic fiction. Shelley's story is one of both remarkable achievement and heart-rending tragedy.

See bio in class #126.

Monday **Oct 31** **10:00 - 12:00**
Fee: \$10 📺 **Zoom**

MUSIC

Singing the Show Tunes **168**

Irma Reeder and Scott Hooker

Do you enjoy singing? In addition to singing and enjoying being together, these classes include gentle physical movement, vocal exercise, basic music theory, singing technique, and musical history. There will be three performances off-site at the end of the semester (11/29, 12/6, and 12/13) so we can have fun sharing our music. As well as singing our group songs, members are encouraged to strut their stuff and sing their favorites with solos, duets, ensembles! *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 **Sep 13 - Dec 13** **10:15 - 11:45**
Fee: \$65 **14 sessions** 🌿 **Oasis**

Righteous Brothers: Unchained Melody ZOOM **169**

Jane Ellen

They weren't brothers, but bass-baritone Bill Medley (1940-) and tenor Bobby Hatfield (1940-2003) found success in 1964 after collaborating with producer Phil Spector. Their break-out single, "You've Lost That Lovin' Feelin'," was quickly followed by other Spector-driven hits including "Unchained Melody." The duo broke up in 1968, but reunited first in 1974 and then again in 1981 until Hatfield's death in 2003. Their evocative songs are often referred to as "blue-eyed soul."

See bio in class #126.

Wednesday **Sep 14** **10:00 - 12:00**
Fee: \$10 📺 **Zoom**

The Wit and Wisdom of Tom Lehrer ZOOM **170**

Jane Ellen

Songwriter Tom Lehrer (1928-) gained a national following in the 1950s and 60s as a piano-playing political satirist, poking fun at politicians, academia, Cold War paranoia, organized religion, and anything else that tickled his fancy. In odd non-musical moments he found time to teach at MIT, work as a researcher in Los Alamos, NM, and invent the 'jello shot.' His musical career was brief but influential and his songs continue to be quoted today.

See bio in class #126.

Monday **Sep 19** **12:30 - 2:30**
Fee: \$10 📺 **Zoom**

**Singing Cowboy Film Star:
Gene Autry ZOOM**

Jane Ellen

171



Gene Autry (1907-98) starred as the straight-shooting hero in cowboy films, but he was also one of the most important figures in the history of country music after Jimmie Rodgers. In addition to hosting his own television series, Autry appeared in nearly 100 films between 1934 and 1954. As his film career flourished, so did his music career, although today he is perhaps best known for Christmas songs like “Frosty the Snowman” and “Rudolph, the Red-Nosed Reindeer.”

See bio in class #126.

Wednesday Sep 28 12:30 - 2:30
Fee: \$10 Zoom

**Cab Calloway: Harlem
Renaissance Music Legend ZOOM 172**

Jane Ellen

Cab Calloway (1907-94) was a pioneering jazz and scat singer who led one of the most popular African-American big bands during the Big Band Era. He was famous for his years at the Cotton Club in Harlem as a charismatic showman. Perhaps his greatest musical hit was “Minnie the Moocher” with its ‘Hi-De-Ho’ refrain. His film roles ranged

from appearances in *Stormy Weather* (1943) and *Porgy and Bess* (1953) to *Hello Dolly!* (1967) and *The Blues Brothers* (1980).

See bio in class #126.

Monday Oct 3 2:30 - 4:30
Fee: \$10 Zoom

**The Ancestral Flute Magic of R. Carlos
Nakai ZOOM 173**

Jane Ellen

Regarded as the world’s foremost Native American flutist, R. Carlos Nakai (1946-) was among the first to meld the ancestral sounds of his Navajo-Ute heritage with contemporary music and electronic instrumentation. He has sold millions of records since the 1980s and is widely regarded as a pioneer in the new age and contemporary instrumental genres. Most of his music evokes the spirit of tribal history and culture, as well as desert landscapes, with new age elements. *Class start time is 10:30.*

See bio in class #126.


Monday Oct 10 10:30 - 12:30
Fee: \$10 Zoom

**The Fantastic Musical Landscapes of
Lerner & Loewe Musicals ZOOM 174**

Jane Ellen

In 1942, a chance meeting occurred between Alan Jay Lerner, a lyricist-playwright and son of the proprietor of a chain of women’s clothing stores and Frederick Loewe, an unknown Viennese composer and former boxer, cowpuncher, busboy, and gold miner. The results of this happy accident were destined to enrich American musical theater with six unforgettable collaborations on stage and screen: *Brigadoon*, *Camelot*, *Gigi*, *The Little Prince*, *My Fair Lady*, and *Paint Your Wagon*.

See bio in class #126.

Thursday Oct 13 12:30 - 2:30
 Fee: \$10  Zoom

Muddy Waters: Eclectic Bluesman ZOOM

175

Jane Ellen



McKinley Morganfield (1913-83), known professionally as Muddy Waters, was an American blues singer-songwriter and musician who was an important figure in the post-war blues scene. Waters was first recorded in Mississippi by Alan Lomax for the Library of Congress in 1941. Two years later he moved to Chicago to begin a professional career. Today he is widely considered to be the father of modern Chicago blues and his music has influenced several other genres including rock.

See bio in class #126.

Wednesday Oct 19 10:00 - 12:00
 Fee: \$10  Zoom

Dusty Springfield and the Swinging Sixties ZOOM

176

Jane Ellen

Not long after Dusty Springfield (1939-99) began singing in the heart of London during the Swinging Sixties, *Rolling Stone* called her "Britain's best ever pop singer." Springfield was a popular singer

of blue-eyed soul, pop, chanson, country, and jazz during a career spanning five decades. After working with a trio, she made it to the big time with solo hits like "You Don't Have to Say You Love Me" and "Son of a Preacher Man."

See bio in class #126.

Monday Oct 24 12:30 - 2:30
 Fee: \$10  Zoom

On the Wings of Song: History of Aviation Music ZOOM 177

Jane Ellen

Man's adventures in flight have been chronicled in song ever since the early days of hot air ballooning. Technological advancements have continued to captivate songwriters across the decades, resulting in an amazing number of popular songs, as well as orchestral pieces, celebrating ballooning, passenger planes, warbirds, and, ultimately, the race to conquer outer space. This class also includes audio recordings of the "music of the spheres" as captured by NASA.

See bio in class #126.

Thursday Oct 27 12:30 - 2:30
 Fee: \$10  Zoom

Synths, Rock & More: Film Music of the 1970s-90s ZOOM 178

Jane Ellen

This class is the third in a series exploring classic film scores. Beginning with the 1970s, we see not only the introduction of synthesizers, but the further exploration of rock's use as a soundtrack device. During the same time period John Williams single-handedly revived the glory days of Hollywood scores with full orchestral soundtracks. Film composers of the era include John Williams, Nino Rota, John Carpenter, Danny Elfman, Vangelis, and Ennio Morricone.

See bio in class #126.

Thursday Nov 10 10:00 - 12:00
 Fee: \$10  Zoom

Chances Are: Johnny Mathis ZOOM at Oasis* 179

Jane Ellen

Texas-born singer Johnny Mathis (1935-) has sold well over 100 million records worldwide, yet as a star athlete at San Francisco State University, he ultimately had to choose between attending the Olympic trials or recording his first songs in New York City. Far from being merely the romantic singer of his early days, he has now explored everything from jazz and rhythm and blues, to Spanish music and Broadway standards.


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

See bio in class #126.

Monday Nov 14 12:30 - 2:30
 Fee: \$10   Zoom at Oasis

Chances Are: Johnny Mathis ZOOM 180

See description in class #179 and bio in class #126.

Monday Nov 14 12:30 - 2:30
 Fee: \$10  Zoom

Broadway Star Audra McDonald ZOOM 181

Jane Ellen

Audra McDonald (1970-) is a classical soprano and actress best known for her work on the Broadway stage. She has received six Tony Awards (more performance wins than any other actor) and is the only person to win in all four acting categories. Her

award-winning performances include *Carousel*, *Ragtime*, *A Raisin in the Sun*, and *The Gershwins' Porgy and Bess*. McDonald's credits include television, film, opera and classical concerts.

See bio in class #126.

Thursday Nov 17 12:30 - 2:30
 Fee: \$10  Zoom

Maurice Ravel: A Musical Painter ZOOM 182

Jane Ellen

There is a pervasive temptation to consider composer Maurice Ravel (1875-1937) a "one-hit wonder" due to the prevalence of his *Boléro* in popular culture. Nevertheless Ravel now stands among the most significant composers of the early 20th century. He was an undisputed master of orchestration. His catalog includes works for orchestra, chamber music, piano music, choral music, and music for the stage. Sadly, many pieces were unfinished or abandoned at the time of his death at the age of 62.

See bio in class #126.

Wednesday Nov 30 12:30 - 2:30
 Fee: \$10  Zoom

First Lady of Country Music: Tammy Wynette ZOOM 183

Jane Ellen

Tammy Wynette (1942-98) was a country music singer-songwriter who, along with Dolly Parton and Loretta Lynn, is credited with helping to define the role of women in country music during the 1970s. Wynette is best known for her song "Stand By Your Man." Many of her hits dealt with the tragedies of life, including loneliness and divorce. *People* magazine quoted Wynette's personal spin on life as "The sad part about happy endings is there's nothing to write about."

See bio in class #126.

Monday **Dec 5** **10:00 - 12:00**
Fee: \$10  **Zoom**

Charles Mingus at 100 ZOOM **184**

Jane Ellen

Charles Mingus Jr. (1922-1979) was a jazz double bass player with a career spanning three decades. He also played piano, composed, and worked with jazz bands. As a major proponent of collective improvisation, he is considered to be one of the greatest jazz musicians in history. His collaborations included such luminaries as Louis Armstrong, Duke Ellington, Charlie Parker, and Dizzy Gillespie. His work touched on multiple genres including bebop, hard bop, third stream, and free jazz.

See bio in class #126.

Thursday **Dec 8** **10:00 - 12:00**
Fee: \$10  **Zoom**

Remembering Ol' Blue Eyes: Frank Sinatra ZOOM **185**

Jane Ellen

Although the earliest fans of Frank Sinatra (1915-98) were enthusiastic bobby-soxers, Sinatra shaped his vocal stylings by copying the tricks of jazz instrumentalists. Placing a high priority on self-education, he was a born entertainer who succeeded in making the tough leap to Hollywood, also becoming one of the most beloved balladeers of the 1950s. Sinatra ultimately eclipsed his earliest successes to become one of the most popular and influential musical artists of the 20th century.

See bio in class #126.

Tuesday **Dec 13** **2:30 - 4:30**
Fee: \$10  **Zoom**

**PERFORMING ARTS:
FRIDAY PERFORMANCES**


ABQ (A Barbershop Quartet) **186**

Bill Biffle



ABQ (A Barbershop Quartet) presents a performance and audio/visual educational program about the history of this great American musical form, from its beginnings around the time of the Civil War to its international presence today. You will learn the basics of the style and get a chance to sing some yourself, too!

ABQ (A Barbershop Quartet) is a barbershop quartet from, you guessed it, Albuquerque. Formed in 2012, this group of four old friends loves to sing songs that 'they wrote in the good ol' days!' All are members of SPEBSQ-SA, Inc. (the Barbershop Harmony Society) and love to sing solid a cappella harmony for friends, old and new.

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

Die Polka Schlingel **187**

Ron Sanders


Accordion, trumpets, flugelhorn, baritone, trombone, clarinet, sax, a tuba, and drums make up Die Polka Schlingel, an authentic New Mexican/Bavarian polka band. Be prepared to



Photo courtesy of Dan Wright

enjoy polkas, waltzes, schottisches, landlers, big band tunes, and even Mexican polkas.

Band members include Dan Wright, der Kappelmeister (band leader) & accordion; Sergio Manriquez - tuba; Chris Smith - trombone baritone; Patty Holden Zollar - alto sax, clarinet; Kristi Raven - alto sax, clarinet; Frank Cabasier - tenor sax, clarinet; Bill Strohl, Bill Biffle, Orion Brady - trumpet, flugelhorn; and Ron Sanders - drums, woodblock, and cowbell.

Friday	Oct 7	2:00 - 3:30
Fee: \$12		 Oasis

Westside Sound Big Band 188


Betty Whiton



Westside Sound Big Band performs classic dance band favorites made famous by such great groups as Glenn Miller, Count Basie, Tommy Dorsey, Duke Ellington, and Benny Goodman, as well as 50s rock 'n' roll. They have a large repertoire of swing, jazz, Latin, blues, show tunes, and popular favorites to

please any audience. This special Oasis performance also includes polkas to celebrate Oktoberfest and the glorious autumn season.


The 14-piece band includes saxes, trombones, trumpets, and rhythm section producing an authentic Big Band sound.

Friday **Nov 4** **2:00 - 3:30**
Fee: \$12  **Oasis**

NM QTones 189

New Mexico Gay Men's Chorus is proud of its community outreach ensemble, the NM QTones. This group provides entertainment at many events in Albuquerque and surrounding areas, including public events and private mini-concerts. The QTones consists of a 10-15 member, close harmony ensemble that sings a variety of traditional choral music as well as pop, jazz, and Broadway selections.

The NM Gay Men's Chorus began in 1981 as The Brash Ensemble. It has varied in size from eight to 40. This group provides entertainment at many events in and around Albuquerque and GALA (Gay and Lesbian Association of Choruses) festivals in three other states.

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

Oasis Entertainers

190

Irma Reeder and Scott Hooker



Irma Reeder & Scott Hooker

Each trimester, enthusiastic singers enroll in the 'Singing the Show Tunes' chorus group class. 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 tri-mester's musical adventure.

See bio in class #168.

Friday

Dec 16

2:00 - 3:00

Fee: \$10

 Oasis

PERSONAL ENRICHMENT

Writing the Traditional Sonnet

191

Scott Wiggeman

This sonnet writing workshop will cover several essentials over the course of three weeks, including characteristics of the traditional sonnet, variations in the different sonnet types, and tips and tricks for making sonnets less overwhelming. In addition to reading a range of sonnets, you will write at least two original traditional sonnets. *Limited enrollment.*

Scott Wiggeman is the author of three books, including *Leaf and Beak: Sonnets*, one of three finalists for the Texas Institute of Letters' Helen C. Smith Memorial Award. He has twice earned a Laureates' Choice Award in the Maria W. Faust Sonnet Contest, and he has also placed in the Helen Schaible International Sonnet Contest.

Mondays

Oct 10 - Oct 24

10:00 - 12:00

Fee: \$25

3 sessions

 Oasis

Tending the Inner Life of Our Dreams

192

Thom Allena

One of the ways of making meaning in our lives during these uncertain times is through 'dream-time.' However, what we sometimes lack are places to safely explore and make meaning of these vexing images, symbols, and stories. Why are recurring dreams important? What to make of nightmares? We work with a group approach called 'projective dreaming.' Explore simple approaches to increase dream recall. *No prior experience necessary and repeat participants are encouraged. Bring a journal, notebook, or sketchbook. Limited enrollment.*

Thom Allena, PhD is a depth psychologist who has worked as a coach and consultant with individuals, groups, communities, and organizations for

nearly forty years to support personal awareness, growth and healing, community building, community change, and organizational transformation. Thom's work has been used by universities, justice systems, psychology institutes, non-profit agencies, and communities across the United States.

Mondays **Oct 31 - Nov 21** **10:00 - 12:00**
Fee: \$30 **4 sessions**  **Oasis**

Archetypal Psychology: Imagination, Soul Making, & Image as Ways of Seeing the World **193**

Thom Allena
 James Hillman deepened Jung's concept of analytical psychology by extending its ideas beyond the borders of the consulting room out into the world and situating it within the culture of Western imagination. Archetypal psychology is a psychological approach deliberately affiliated with the arts, culture, and history of ideas arising from the imagination. In this series we experientially explore multiple aspects of psyche in the world (anima mundi), exploring ways of imagining, "seeing through," and "soul-making" in our daily lives. *Please bring a journal, notebook, or sketch book for our reflective work together. Limited enrollment.*

See bio in class #192.

Mondays **Oct 31 - Nov 21** **1:30 - 3:30**
Fee: \$30 **4 sessions**  **Oasis**

PHILOSOPHY, RELIGION, & SPIRITUALITY

The Spiritual Journey of G. K. Chesterton, Part 1 **194**

Frank Yates
 G.K. Chesterton (1874-1936) was something of a British savant, thinker, and writer who ventured

into fiction and non-fiction. As a devout Catholic, he was concerned to present the Christian faith in a winsome way to his readers. In this first lecture, we look at his life and two of his major works: *Orthodoxy* and *Heretics*.

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

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

The Spiritual Journey of G. K. Chesterton, Part 2 **195**

Frank Yates
 G.K. Chesterton (1874-1936) was a devout British Roman Catholic who sought to present the Christian faith in a winsome way to his readers. This lecture focuses on two of his writings: *What's Wrong with the World* and *The Everlasting Man* (his major work on Christology). *You do not need to take Part 1 to enroll in Part 2.*

See bio in class #194.


Monday **Dec 12** **10:00 - 11:30**
Fee: \$10  **Oasis**

Religious History of Ukraine **196**

Christopher Zuger
 Ukraine religious life is a rich tapestry of Christians, Jews, and Muslims from many nationalities. The war has impacted all profoundly, causing dramatic shifts that are affecting the Catholic and Orthodox Churches and their ecumenical relations, as well as Hasidic Jews and Protestants. We look at their fascinating history, their survival under communism, and how they are responding to the

crisis today. Join us as we unpack the interior life of a critical part of the world.

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 **Oct 6** **10:00 - 11:30**
Fee: \$10  **Our Lady Of Perpetual Help Church**

The Feast of Sukkot: Harvesting, Housing, & Healing **197**

Paul Citrin

This presentation deals with the ethics and philosophy of the festival of Sukkot (Tabernacles) through scripture, rabbinic literature, and folk tales. The festival emphasizes care of the earth and of the poor, our independence on the natural world, and our obligation to protect it.

Rabbi Paul Citrin received his BA in history from UCLA and a 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 an author of five books. His passion is teaching, and he welcomes Oasis opportunities.

Thursday **Oct 13** **2:30 - 4:00**
Fee: \$10  **Oasis**

Happiness: Is it Fun? Is it Joy? Is it Hope? **198**

Harry Rosenfeld

What does it mean to be happy? After a pandemic that has lasted more than two years, in a country that seems divided at its core, what does it mean to be happy? To help us figure that out, we look at

Eastern and Western faith traditions and philosophies to see what they have to teach us. Has the meaning of happiness changed over the millennia? Join us as we explore these questions.

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

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

Dorothy Day & The Catholic Worker ZOOM **199**

Jane Ellen

"The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us?" Dorothy Day (1897-1980) survived the San Francisco Earthquake of 1906 to become a social activist who fought for the cause of social justice from within the Roman Catholic Church. She was a controversial figure in life and death. Her life's example and writings continue to challenge and provoke activism today.

See bio in class #126.

Monday **Nov 21** **10:00 - 12:00**
Fee: \$10  **Zoom**

SCIENCE

Our Natural History in 12 Surprisingly Well-Understood Steps **202**

Dwight Jennison

Major advances were made in the last decade that enable us to tell this story as a complete narrative: from a new Big Bang model (that includes a sister

mirror-image universe,) through galaxy and solar system evolution, and an Earth finally gaining an oxygen atmosphere permitting plants and animals. It is now an amazingly complete narrative.

Dwight Jennison received his PhD in theoretical physics from Rensselaer Polytechnic Institute. His 30-year career at Sandia National Labs involved basic research in theoretical physics. Jennison has been a docent at the NM Museum of Natural History and Science for 15 years. He is the current president of the museum's volunteer association.

Thursday **Sep 15** **12:30 - 2:00**
Fee: \$10  **Oasis**

Endangered Reptiles, Rare Birds, and Cats Guided Tour 203

Lane Kirkpatrick



Lane Kirkpatrick, BioPark Zoo docent, takes you on a guided tour of the Albuquerque Zoo. He discusses wildlife species threatened with extinction and what zoos are doing to prevent extinctions. Visit exhibits and learn about animals involved in Species Survival Plan programs. This tour will include Komodo dragons, crocodiles and alligators, rare birds such as the Bali myna and Socorro dove, Mexican gray wolves, and large cats including jaguar, snow leopard, and Malayan tiger. *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*.

Monday **Sep 19** **9:30 - 11:15**
Fee: \$18  **Albuquerque Zoo**

Endangered African Wildlife Guided Tour

Lane Kirkpatrick

Lane Kirkpatrick, BioPark Zoo docent, takes you on a guided tour of the Albuquerque Zoo. He discusses wildlife species threatened with extinction and what zoos are doing to prevent extinctions. Visit exhibits and learn about animals involved in Species Survival Plan programs. This tour includes giraffes, elephants, rhinos, cheetahs, African painted dogs, orangutans, lowland gorillas, and endangered birds. *Class fee includes zoo admission. Limited enrollment.*

See bio in class #203.

Thursday **Sep 22** **9:30 - 11:15**
Fee: \$18  **Albuquerque Zoo**

Terroir: The 'Sense of Place' of Old Grape Juice 205

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 "last line place."

John Geissman is a professor emeritus of geo-science 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.

Wednesday **Sep 28** **10:00 - 11:30**
Fee: \$10  **Oasis**

Rio Rancho Aquifer Recharging Tour **206**

Dennis Gonzales

Learn how the City of Rio Rancho is replenishing the ground water supply by directly injecting water back into the aquifer. See the engineering that they use to meet the goal of returning at least one million gallons of purified water per day to the aquifer. Recharging the aquifer is important since it is the only source of Rio Rancho's drinking water. This process is part of the water conservation and reuse measures that are critical in sustaining drinking water for the future. *This site requires you to wear closed-toed shoes. Limited enrollment.*

Dennis Gonzales is a waste water operations supervisor for Jacobs/City of Rio Rancho and has worked at the facility since the start up almost nine years ago.

Thursday **Sep 29** **10:00 - 11:00**
Fee: \$15  **Rio Rancho Water Site**

Penguin PLUS Field Trip 1 **207**

Lane Kirkpatrick

Lane Kirkpatrick, BioPark Zoo docent, leads a guided tour of the Penguin Chill exhibit that features three species of penguins. The tour starts with highlights of wildlife and early indigenous people in Patagonia and Tierra del Fuego, and a look at Cape Horn. Learn about penguin adaptations,

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

See bio in class #203.

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

Penguin PLUS Field Trip 2 **208**

See description in class #207 and bio in class #203.

Thursday **Oct 13** **9:30 - 11:30**
Fee: \$18  **Albuquerque Zoo**

Bosque Ponds Guided Tour 1 **209**

Ron Friederich



Photo courtesy of Ron Friederich

Stroll around two very nice, large wildlife ponds in the bosque south of Tingley Beach among golden cottonwoods. There will be an optional short side trip to the Rio Grande. Ron identifies and discusses plants, trees, and a variety of waterfowl along the way. Total distance will be approximately 1-1.25 miles. *A broad-brimmed hat, water bottle and sunglasses are advised. No restrooms available. Limited enrollment.*

Ron Friederich, a retired physician, has given various tours for Oasis at the Albuquerque BioPark and Rio Grande Nature Center. 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.

Tuesday **Oct 25** **10:30 - 12:00**
Fee: \$12  **Bosque Ponds by Tingley Beach**

Bosque Ponds Guided Tour 2 **210**
See description and bio in class #209.

Thursday **Oct 27** **10:30 - 12:00**
Fee: \$12  **Bosque Ponds by Tingley Beach**

Nikola Tesla: Wizard or Charlatan? **211**
Lawrence Anderson

Nikola Tesla, a Serbian/American electrical engineer, has been described variously as “The Father of the Electrical Age” but also referred to as a charlatan and fraud. At the peak of his fame, he was the darling of New York society, cavorting with the likes of J. P. Morgan. But he died forgotten and penniless in 1943. In later years his contributions to electrical power and wireless technology have been both praised and denigrated.

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

Wednesday **Oct 26** **10:00 - 11:30**
Fee: \$10  **Oasis**

My Oh My – Weather Myths and Mysteries **212**

Deirdre Kann

This talk focuses on both well-known and lesser-known weather myths. Certain weather myths evolved hundreds of years ago, long before science could explain the observed events. Some have persisted through the ages, while others are more recent results of good intent but misinformed explanations. We classify these myths as truth or fiction, and solve various weather mysteries along the way.

Deirdre Kann earned a BS in mathematics and a PhD in atmospheric sciences from Purdue University. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years, including 23 years as the Science & Operations Officer at the Albuquerque National Weather Service. Now retired, Deirdre enjoys public speaking and outreach activities focused on various topics in weather and climate.


Wednesday **Oct 26** **12:30 - 2:00**
Fee: \$10  **Oasis**

Bats of New Mexico **213**
Jeannie Place

New Mexico is home to 29 species of bats, the only mammal capable of independent flight. But our knowledge of these beneficial animals has been tainted by Hollywood and popular fiction. This course clears up any misconceptions you may have about one of nature’s most important, yet least understood creatures. Learn about the bats calling New Mexico home and the threats to bat populations throughout North America.

A graduate of University of Wisconsin-River Falls with BS degrees in biology and earth science and UNM, with a MS in geology, Jeannie Place worked as an exploration geologist in the Rocky Mountains for 10 years. She returned to Wisconsin to

purchase Crystal Cave. During the 26 years she and her husband operated the cave, the focus was on education, including highlighting the resident population of over 800 bats.

Monday **Oct 31** **12:30 - 2:00**
Fee: \$10  **Oasis**

Geology of the Galisteo Basin ZOOM **214**

Kirt Kempter

Take a virtual geologic field trip of the Galisteo Basin with Kirt Kempter. He discusses the rock units found in the basin and their significance. From the last ocean covering northern New Mexico, to young volcanoes near La Bajada, the rocks of the Galisteo Basin tell the story of an ever-changing landscape. Highlights include explosive volcanoes of the Ortiz and Cerrillos Hills, the rise of the southern Sangre de Cristo Mountains, and ancient river deposits that preserve large petrified trees and mammal fossils.

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

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

Mars Up Close: Recent Mars Missions **215**

Len Duda

Mars has been studied in detail by a multitude of spacecraft in orbit and on the ground. From the rovers Spirit, Opportunity, Curiosity, and Persever-

ance to orbiting spacecraft MRO and MAVEN, we have learned more about the current and historical Martian climate and geology. This presentation reviews the results and data from these missions and focuses on some of the newest findings and images from Mars.

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.

Wednesday **Nov 9** **10:00 - 11:30**
Fee: \$10  **Oasis**

Wild About Raptors **216**

Tom Smylie



Raptors are the winged predators of the aerial world. Whether swooping from altitudes at phenomenal speeds, flicking and darting between trees, or flying silently in the dead of night, these incredible predators excite our admiration and awe. Tom Smylie's presentation, coupled with live raptors, creates a greater understanding and appreciation of these birds of prey. With his background in raptor research around the world, he discusses the aesthetics, biology, behavior, and conservation of these winged hunters.

Tom Smylie worked for NM Game & Fish and was a ranger with the US Forest Service. He was a science teacher and retired as assistant director for the US Fish and Wildlife Service. His raptor studies have taken him throughout the US, Europe, the tropics, and the Arctic. He has worked with the Peregrine Fund since 1970. He is currently conducting raptor programs for state parks and Wildlife West Nature Park.

We have reached a period in Earth's history, and thus human history, where humankind continues to profoundly influence Earth processes on a global scale. The geoscience community continues to debate whether the Anthropocene should be an official time unit in the ever-improving geologic time scale for Earth.

See bio in class #205.


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

Fantastic Felines ZOOM **217**

Daryl Ratajczak

Discover the world of North American felines. There are six species of wild cats inhabiting North America, some well known, some not as well known. Find out which cats are potentially in your area and how best to conserve them for future generations.


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 **Nov 11** **10:00 - 11:30**
Fee: \$10  **Zoom**

The Anthropocene: Yes or No? **218**

John Geissman

Anthropocene describes the time during which humans have had a substantial impact on our planet. For the past several decades, several scientific and social science communities have been wrestling with this concept and its importance.

Monday **Nov 14** **10:00 - 11:30**
Fee: \$10  **Oasis**

Silent Killers, Shameless Liars **219**

David Crossley

Due to the reckless application of science and technology people around the world have been killed, disabled or sickened. The public learned about Chernobyl, Bhopal, and Deepwater Horizon and were deceived into believing they were aberrations. But a stream of revelations about products such as cigarettes, leaded gasoline, and opioids shows these risks to the public are business as usual. Management knew of the danger and hid the evidence, to protect themselves and their bottom line.

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

Friday **Nov 18** **10:00 - 11:30**
Fee: \$10  **Oasis**

The Many Fallacies of Statistics **220**

David Metzler

It is impossible to reason well about science or society without using data and statistics. However, it is also very possible, and quite common, to

misuse statistical thinking and make claims that seem plausible but are not truly supported by the evidence. From misleading newspaper articles to peer-reviewed research that doesn't replicate, statistical malfeasance is everywhere. We look at some of the more common mistakes and how to spot them.

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

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

Geoarchaeology and Paleoclimate at Mesa Verde National Park **221**

Les McFadden & Matt Schmader



Geology and archaeology intersect in this dynamic talk. Les McFadden sets the stage by describing the deep time of geologic events that produced the iconic rock formations and landscape of the Mesa Verde National Park area. Matt Schmader discusses how the geologic landscape dictated choices for dwelling locations and access to resources like water, stone, and agricultural land. Both lecturers talk about climate change and its effects in the past, present, and future.

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. Matt Schmader has more than 38 years of field experience in southwestern archaeology. He is an adjunct professor in UNM's Anthropology Department. He earned his MA and PhD from UNM, is superintendent emeritus of City Open Space, and was the only city archaeologist from 2007 through 2016.

Wednesday **Dec 7** **10:00 - 11:30**
Fee: \$10  **Oasis**

Geologic Origin of the Mediterranean Sea **222**

Dirk Van Hart

The geology of the Mediterranean Sea is a mess, but that mess spawned the great classical civilizations. This presentation outlines the Mediterranean's fascinating geologic origin in layman's terms. It then deals with how the geology constrained and guided the rise of the classical Greek and Roman worlds that we all read about in school.

Dirk Van Hart has an MS in geology. He worked as a petroleum geologist for 25 years, followed by 25 years of consulting work and contract geology for Sandia National Laboratories.

Thursday **Dec 15** **12:30 - 2:00**
Fee: \$10  **Oasis**

Homo sapiens: Older and More Widespread Than We Thought **223**

Dave Weaver

Evidence is forcing us to reject a single origin for Homo sapiens and accept much more complex, nuanced, and evolutionarily reasonable views of processes and events. We'll see that Homo sapiens was part of a radiation of human forms, of

which *H. sapiens* seems to be the only surviving form. This newer view will reveal our assumptions, biases, and even some maturation in our thinking about human evolution.

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

Friday **Dec 16** **10:00 - 11:30**
Fee: \$10 

SOUTHWEST

National Hispanic Cultural Center: Torreón and Museum Tour **224**

Visit the National Hispanic Cultural Center's Torreón and museum on this guided tour. The Torreón is a 4,000 square foot buon fresco created by Frederico Vigil. The museum tour will include the following exhibits - *Aquí Estamos: New Selections* from the permanent collection and *Fronteras Del Futuro: Art in New Mexico and Beyond*. *Limited enrollment.*

Docents from the National Hispanic Cultural Center will lead the tour.

Tuesday **Sep 27** **10:00 - 12:00**
Fee: \$18  **National Hispanic Cultural Center**


Exploring Historic Fairview Cemetery **225**

Gail Rubin

Back by popular demand! Historic Fairview Cemetery was founded in 1881. There are approximate-

ly 12,000 people buried on 17.5 acres. You are invited to walk the cemetery 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. *Wear sturdy walking shoes, a wide brimmed hat, sunscreen, and long sleeves. Limited enrollment.*

Gail Rubin, Certified Thanatologist and The Doyenne of Death®, is also president of the nonprofit organization that manages Historic Fairview Cemetery. She is an award-winning author and speaker.


Tuesday **Oct 4** **10:00 - 11:30**
Fee: \$15  **Fairview Cemetery**

Archaeology and History of the Navajo Wars, Fort Sumner, and the Bosque Redondo **226**

Matthew Barbour

To enforce the confinement of rebellious Indian populations at the Bosque Redondo Indian Reservation, Fort Sumner was established in 1862. Colonel Christopher "Kit" Carson brought approximately 400 Mescalero Apaches and 7,000 Navajos to Bosque Redondo. However, pneumonia and dysentery resulted in the death of a quarter of the population. In November 1865, the Mescalero fled the reservation, but the Navajos remained until permitted to return home in 1869. Deemed a failure, the post was abandoned in 1869. This is the tale of one of America's most notorious concentration camps.

See bio in class #153.

Tuesday **Oct 11** **12:30 - 2:00**
Fee: \$10 

Wildlife on White Sands Missile Range

Jim Eckles

227



Photo courtesy of Patrick Morrow

Jim Eckles discusses the history of the varied wildlife species that can be found on the White Sands Missile Range. These include African oryx, desert bighorn sheep, feral horses, pronghorn, mule deer, and pupfish. Why are they there? Which species have survived, which have flourished, and which have disappeared?

Jim Eckles worked for White Sands Missile Range for 30 years and has been a volunteer there since he retired in 2007. When he retired, he was informally called the 'WSMR's historian.' While at the range, he wrote and spoke extensively about the missile range mission and area history.

Friday **Oct 14** **12:30 - 2:00**
Fee: \$10  **Oasis**

Behind the Scenes at the KiMo Theatre 1

228

Larry Parker

In the heart of downtown Albuquerque stands the majestic and historic KiMo Theatre. Take a behind-the-scenes tour of the Pueblo Deco palace that opened in 1927. Learn fun facts about the building, view historic photos, and get an up-close look at this treasured theatre, including the recent

remodeling project. Hear some fascinating stories that make this building an Albuquerque landmark. *This tour includes standing and walking, including climbing several sets of stairs. Limited enrollment.*

Larry Parker has been the manager of the KiMo Theatre since 2008. Prior to the KiMo, he managed the Albuquerque Little Theatre and the Richmond Civic Theatre in Richmond, Indiana. He is a graduate of the Theatre Department at Southwest State University, Marshall, Minnesota.

Wednesday **Oct 19** **1:00 - 2:15**
Fee: \$18  **KiMo Theatre**

Behind the Scenes at the KiMo Theatre 2

229

See description and bio in class #228.

Thursday **Oct 27** **1:00 - 2:15**
Fee: \$18  **KiMo Theatre**

Famous & Unusual Gravesites in New Mexico History

230

Richard Melzer

Come explore New Mexico cemeteries to find where all the famous bodies in state history are buried. Each gravesite reveals something new about the person buried there, with sad, funny, or compelling information and photos. New Mexico also has many unusual gravesites that make cemetery hunting -- and this presentation -- both interesting and amusing.

Richard Melzer was a Regents' professor of history at UNM's Valencia Campus, where he taught for more than 35 years before recently retiring. He has authored or edited more than 30 books and more than 100 articles about New Mexico history. He is a former president of the Historical Society of New Mexico.

Friday **Oct 21** **10:00 - 11:30**
Fee: \$10  **Oasis**

The Familiar and Not-So Familiar Features of the Four Corners Region ZOOM 231

Richard Malenfant

The Four Corners region (Arizona, Colorado, New Mexico, and Utah) is rich in history and geography. Dick Malenfant describes the familiar and not-so-familiar treasures including the La Garita volcano, eruption, and caldera; the Awanyu (Quetzalcoatl) petroglyph in Pajarito Canyon; Kasha-Katuwe tent rocks; the St. James Hotel in Cimarron; and the sun dagger in Chaco Canyon.

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

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

Rescues From Captivity 232

Robert Tórrez

For centuries, one of the great dangers New Mexico communities and pueblos faced was the constant threat of death or capture during raids by various tribes of the area. Robert Tórrez reviews the official Spanish and Mexican policy of rescue by which captives could be ransomed from the various tribes and presents some of the amazing stories of rescues from captivity he has found in New Mexico's archives.

Robert J. Tórrez is a native New Mexican who served as the state historian from 1987-2000. He has researched New Mexico archives for decades. He is the author of several books and has contrib-

uted chapters to nearly two dozen anthologies and textbooks.

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

Belen Harvey House Tour 233

Frances Zeller

This California Mission Revival building is one of the last standing Harvey Houses in NM. Built in 1910 by the AT&SF Railroad, 90% of its structure is original, including copper-channeled rolled-glass windows and a brick exterior covered in pebble dash. Our tour includes the main museum, upstairs bedrooms, and a short video. After the tour, you might choose to visit the BUGG Lights Museum down the street. *The Harvey House museum is not fully handicapped accessible. Limited enrollment.*

Museum coordinator Frances Zeller attended Maryland Institute of Art in Baltimore. She also lived in Philadelphia, Washington, DC, and Savannah, GA, where she worked as a professional tour guide and developed a passion for history and architecture.

Friday **Nov 4** **1:00 - 2:30**
Fee: \$15  **Harvey House Museum in Belen**

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Set in Stone but Not in Meaning: Southwestern Indian Rock Art ZOOM 234

Allen Dart

Ancient Indian petroglyphs (symbols carved or pecked on rocks) and pictographs (rock paintings) are claimed by some to be forms of writing for which meanings are known. But are such claims supported by archaeology or by Native Americans? Allen Dart illustrates how petroglyph and pictograph styles changed through time and over different parts of the southwest both before and after non-Indian peoples entered the region. He discusses how the same rock art symbol may be interpreted differently from popular, scientific, and modern Native American perspectives.

Archaeologist Allen Dart has worked in New Mexico and Arizona since 1975. A UNM graduate, he worked for the Museum of New Mexico and the Bureau of Indian Affairs before receiving his master's degree in Arizona. Al is the executive director of Tucson's Old Pueblo Archaeology Center, a nonprofit he founded in 1993. He has received awards and honors from the National Park Service and other organizations for his efforts to bring archaeology and history to the public.

Tuesday Nov 22 2:30 - 4:30
Fee: \$10  Zoom

SI100

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nonprofits (si100.org)

The Civil War in New Mexico: The California Column 235

William Itoh

With the imminent threat of a Confederate army invading the Territory of New Mexico, a call for volunteers to help the Union defenders was answered by some 2,350 California volunteers who marched from Fort Yuma to the Rio Grande in early 1862. While Sibley's Confederate Army of New Mexico had largely retreated back to Texas, the new troops were fully engaged in defending the territory from the threat of another Confederate invasion and confronting hostile native tribes. After the California volunteers were mustered out in 1864-1865, many remained in the territory and played an important role in the economic development and political life of the territory.

See bio in class #125.

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

Acequias: A Traditional "Culture of Water" in Contemporary New Mexico 236

Donatella Davanzo



Irrigation ditches, also known as acequias, are an ancient water management system that transformed the semi-arid regions of the southwest into an ecosystem that supported stable agriculture and water sources. In this class, we learn

about how this traditional ‘culture of water’ rooted in historical customs effectively perpetuates the inextricable connection between water, land, and social practices as a model of sustainability and resiliency within local communities of the upper Rio Grande area.

Davanzo is an Italian American cultural anthropologist, photo-ethnographer, and photojournalist. She has a PhD in American Studies from UNM. Her research topics focus on the interaction of communities and their landscapes, and she documents historical sites, native villages, traditional practices, ritual dances, and Route 66.

Thursday **Dec 1** **10:00 - 11:30**
Fee: \$10  **Oasis**

TECHNOLOGY


iPad: The Basics 1 **237**

Birgitta Gustafson

Want to know more about your iPad? This two-part class covers what you need to get started, including how to set up email accounts, navigation and gestures, the control center, and more. You’ll learn how to find those cool apps that others are using, how to talk to Siri, or how to take pictures. Join Birgitta Gustafson to experience all the amazing things your iPad has to offer! *Bring your fully charged iPad, bring your Apple ID and password, and passwords for your email and social media accounts. Second class includes one-on-one individual help. Limited enrollment.*


Birgitta Gustafson is a retired English/social studies teacher. Before retiring, Gustafson piloted the Chromebooks in the Classroom initiative for Rio Rancho schools. She led professional development on technology and teaching related topics. She received her BA from New York University with a major in religious studies and a minor in litera-

ture. She received a master’s degree from Harvard Divinity School, concentrating her studies on Islam and world religions, with a particular focus on India.

Thursday **Sep 22** **10:00 - 12:00**
Thursday **Sept 29** **10:00 - 11:00**
Fee: \$40 **2 sessions**  **Oasis**

iPad: The Basics 2 **238**

See description and bio in class #237.

Tuesday **Oct 18** **1:00 - 3:00**
Tuesday **Oct 25** **1:00 - 2:00**
Fee: \$40 **2 sessions**  **Oasis**

TRAVEL

Collette/Oasis Pacific Coast Trip: ZOOM **239**

Karen Barclay

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon’s beautiful coast, making stops at Yaquina Head Lighthouse, Newport, Bandon, and Coos Bay. Explore Oregon’s wilderness on a Rogue River cruise, visit Redwood National Park’s Avenue of the Giants, and discover San Francisco, the “City by the Bay.”

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.

Tuesday **Sep 27** **3:00 - 4:00**
Fee: Free  **Zoom**

Adventure Travel: Doing it Differently in Latin America 240

Al Davis

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.

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

Hidden Gems of Albuquerque 241

Ashley Biggers

Inspired by her book *100 Things to Do in Albuquerque Before You Die*, recently released in its 3rd edition, travel writer Ashley M. Biggers shares the best of the city as well as off-the-beaten path destinations, events, and outings that surprise, delight, and inspire even longtime residents. Through this presentation, discover Albuquerque anew.

Ashley M. Biggers is an award-winning freelance travel writer based in Albuquerque. Her writing has appeared in *AFAR*, *Lonely Planet*, and *Mental Floss*. She is a frequent contributor to *New Mexico Magazine* and *Albuquerque the Magazine*. As the

author of *100 Things to Do in Albuquerque Before You Die*, she is an expert in local travel.

Thursday Dec 1 12:30 - 2:00
Fee: \$10 Oasis

MOVEMENT CLASSES

MOVEMENT & EXERCISE

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.

Self Defense & Awareness 242

Stephen Vosa

Unarmed self-defense is the primary focus of this course. Topics include: awareness of your surroundings, safe stepping and turning, blocking, striking and target areas, confrontations and attacks, defense situations, and using what is available for protection. Final session contains a short demonstration of how defense techniques are practiced in Uechi Ryu Karate. *Limited enrollment.*

Steve Vosa is a certified instructor with Uechi Ryu International Karate Association. He began training in 1972 with Masters George Mattson and Robert Campbell. He also worked with Okinawan Masters Kanei Uechi, Ryuko Tomoyose, and Kiyohide Shinjo. Steve holds the rank of 6th degree black belt (Rokudan), a master teaching title (Renshi), and has been teaching for 38 years. He currently owns and operates New Mexico Uechi Ryu Karate Do.

Mon, Tue, Wed Sep 12 - Sep 14 9:00 - 10:30
Fee: \$36 3 sessions Oasis

Dragon and Tiger Medical Qigong 243

Marcia Pincus

Dragon and Tiger medical qigong is a 1500-year-old qigong practice that enhances and strengthens the body's qi, the life force, and enhances the etheric, or aura. Dragon and Tiger consists of seven movements: we will learn three of them in this course. These movements release tension, enhance softness, increase the circulation of bodily fluids, and facilitate improved joint motion. *This method may be practiced standing, sitting, or lying down. Limited enrollment.*

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

Tuesdays **Sep 13 - Oct 11** **1:00 - 2:00**
Fee: \$40 **5 sessions**  **Oasis**

Tai Chi Chih 244

Ellen Tatge

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

life in a joyful, uncomplicated way -- one of the secrets of a good life. *Limited enrollment.*

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

Thursdays **Sep 15 - Oct 20** **9:00 - 10:00**
Fee: \$60 **6 sessions**  **Oasis**

Tai Ji Quan: Moving for Better Balance 245

Cindy Russell




Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that we perform in a slow, flowing manner, coordinated with

COMMUNITY PARTNERS



natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *Limited enrollment.*

Cindy Russell followed her love of physical activity to become a personal trainer after many years in business and finance. As a senior fitness and fall prevention specialist, she has followed her passion: working with older adults and assisting them towards their desires to live healthy lives. She has a BA in human and community services and is an ACSM certified personal trainer, an ACE certified group instructor, a health coach, and a senior fitness specialist. She is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mon & Wed **Sep 19 - Nov 9** **9:00 - 10:00**
Fee: Free **16 sessions** 

Tai Ji Quan: Moving for Better Balance ZOOM **246**

See description and bio in class #245.



Mon & Wed **Sep 19 - Nov 9** **9:00 - 10:00**
Fee: Free **16 sessions**  **Zoom**

Tai Chi for Health, Part 1 **247**

Ilene Dunn

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 Dr. Paul Lam, 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.*

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.

Tues & Thur **Sep 20 - Nov 10** **11:00 - 12:00**
Fee: Free **16 sessions** 

Tai Chi for Health, Part 1 ZOOM **248**

See description and bio in class #247.

Tues & Thurs **Sep 20 - Nov 10** **11:00 - 12:00**
Fee: Free **16 sessions**  **Zoom**

Tai Chi for Health, Part 2 **249**

Ilene Dunn

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

See bio in class #247.

Tues & Thurs **Nov 15 - Dec 15** **11:00 - 12:00**
Fee: \$40 **8 sessions**  **Oasis**

Tai Chi for Health, Part 2 ZOOM **250**

See description in class #249 and bio in class #247.

Tues & Thurs **Nov 15 - Dec 15** **11:00 - 12:00**
Fee: \$40 **8 sessions**  **Zoom**

Resistance & Strength Training **251**

Stephanie Carrodegua

Maintaining strength throughout our lives, particularly as we age, is vital to increasing longevity and overall wellness. Join us for this 4-week program designed to strengthen your understanding of holistic health and wellness. The class includes strength-based exercises and stretching along with a variety of other activities and skill practices. *Limited enrollment.*

Stephanie Carrodegua is an ABQ native and small business owner. She is a National Academy of Sports Medicine (NASM) certified personal trainer and a certified life coach. She owns a health and wellness business and a small boutique hotel.

Fridays **Sep 30 - Oct 21** **11:00 - 12:00**
Fee: \$32 **4 sessions**  **Oasis**

Introduction to Belly Dance **252**

Mary Ann Thomson

It's time to step out and have some fun trying something new! No longer just an exotic entertainment, belly dance is now enjoyed by thousands – of all ages, shapes, and sizes. If you are seeking good exercise and fun in a supportive environment, this class is for you. Following a gentle warm-up, learn basic moving steps of the dance and explore slower, flowing isolations. You are also introduced to some basic Middle Eastern rhythms and music. *Limited enrollment.*

Mary Ann Thomson has danced professionally and has taught belly dance classes for 30+ years for UNM Dept. of Physical Education and UNM Continuing Education. She is also a recognized Feldenkrais Practitioner with many years of experience teaching Awareness Through Movement classes and working with individual clients.

Thursdays **Oct 13 - Nov 3** **1:00 - 2:00**
Fee: \$40 **4 sessions**  **Oasis**

Stretch & Relax **253**

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 #245.

Fridays **Nov 4 - Nov 18** **9:00 - 10:00**
Fee: \$24 **3 sessions**  **Oasis**

Stretch & Relax ZOOM **254**

See description in class #253 and bio in class #245.

Fridays **Nov 4 - Nov 18** **9:00 - 10:00**
Fee: \$24 **3 sessions**  **Zoom**

Yoga for Feet **255**

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 to help relieve pain and improve health. This class is done standing or sitting. No yoga mats needed, and 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 **Nov 8** **1:00 - 2:00**
Fee: \$10  **Oasis**

Hula Fundamentals **256**

Noelani Plyler

Curious about hula? Hula is a sensuous mimetic Hawaiian dance, performed sitting or standing, with undulating gestures to instruments and chant. Originally, the hula was a religious dance performed by trained dancers before the king or ordinary people to promote fecundity, to honor the gods, or to praise the chiefs. Join us for this fun movement class while learning the basics of hula history, language, and movements. This can be done seated or standing; if standing, you must be able to bend your knees. *Limited enrollment.*

Noelani Plyler began dancing hula at age 4 and is a competitive hula dancer. She is knowledgeable in lei making, language, Hawaiian culture, and hula history.

Thursdays **Nov 10 - Nov 17** **1:00 - 2:00**
Fee: \$16 **2 sessions**  **Oasis**

Three Pillars Qigong **257**

Helene Minot

The Three Pillars Qigong encompasses a series of graceful full body movements. The form is a moving meditation that ushers one to a state of calmness and escape from the over-stimulation and indulgences of today's world. The practice promotes a harmonious expression of energy and a sense of inner wholeness. Qigong teaches one how to relax the body and mind and heal anxiety and trauma.

Helene Minot has been a student and practitioner of Daoist meditation methods for 30 years. After studying many related techniques, she now focuses on qigong practices that stimulate the movement of one's energy (qi) and create awareness of one's original essence. Her teachings provide the foundation for transforming wounds and stagnated energies. The emphasis is to align body, mind, and spirit for improved health and well-being.

Wednesdays **Nov 30 - Dec 14** **10:00 - 11:00**
Fee: \$24 **3 sessions**  **Oasis**

WALKS & HIKES

Walking Albuquerque - Mondays **258**

Joyce Bortner & Joyce Robertson



Whether along historic irrigation ditches, through interesting neighborhoods or on foothill trails,

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

Joyce Bortner, who has been involved with Walking Albuquerque for two decades, serves as the team coordinator. Joyce Robertson has returned as assistant coordinator. She has also been walking with the group for many years. They are joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

Mondays **Sep 19 - Oct 24** **8:30 - 10:00**
Fee: \$20  **6 sessions**

Walking Albuquerque -
Wednesdays **259**
See description and bio in class #258.

Wednesdays **Sep 21 - Oct 26** **8:30 - 10:00**
Fee: \$20  **6 sessions**

Poole Property Open Space Hike **260**
William Pentler

Join Bill Pentler from the City Open Space to view the Open Space area commonly known as the Poole Property. We'll walk around this 23-acre site and learn how it came to be and talk about potential plans for its future. Initially we will hike to the oxbow overlook just south of the Poole property to view what's happening in the oxbow and check out the fall colors. Finally, and optionally if time allows, walk down to the Bosque by way of a cement arroyo. *This is a moderate walk and sturdy, closed-toed shoes are a must for uneven surfaces and protection from plants in the area. No restrooms available. Limited enrollment.*

Bill Pentler is the resource management and visitor services supervisor for the Open Space Division of Albuquerque Parks and Recreation. His resume includes being a lead zookeeper and educational coordinator at Lion Country Safari in Florida, the law enforcement interpretive state park ranger at Fenton Lake in the Jemez Mountains, and a supervisor at Albuquerque's animal shelters. He holds degrees in zoology and psychology.

Friday **Sep 23** **9:00 - 11:00**
Fee: \$15  **Poole Property Open Space**

Old Town Stroll: Accessible Walk **261**
Colston Chandler

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

Thursday **Oct 20** **10:00 - 12:00**
Fee: \$15  **Old Town Stroll**

Cañada del Ojo Hike **262**
David Ryan

This hike is for experienced and adventurist hikers looking for an off-trail, backcountry adventure. The hike involves crossing varied terrain, following fence lines, ducking under barbed wire fences, and running into an amazing collection of sandstone formations, including a hoodoo village. It is a seldom-visited gem not too far from Albuquerque.

que and is one of David Ryan's favorites! Cañada del Ojo is on a remote tract of Bureau of Land Management (BLM) land north of Tohajiilee with spectacular landscapes and views in all directions. Many of the scenes from Breaking Bad were filmed nearby. If you've ever wondered what the backcountry is like, this may be the hike for you. *This is an off-trail, challenging 3.5 mile hike with limited shade. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. A walking stick is highly recommended. No restrooms available. Limited enrollment.*

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

Monday **Oct 24** **9:00 - 1:00**
Fee: \$15  **Cañada del Ojo**

Golden Open Space Hike **263**

David Ryan

Back by popular demand! Sitting at the north end of the east side of the Sandias is a chunk of City of Albuquerque Open Space land. For years this land sat unused. Fortunately, the City's Open Space Division has developed a network of trails that allows us to explore this wonderful area. Our hike begins in pinyon-juniper grassland. In a little more than a half mile, the trail reaches the edge of a broad multi-colored canyon that looks like a smaller version of the Grand Canyon. The hike follows the edge of the canyon for a little more than a half mile before descending into the canyon. After checking out the multiple colors and twisted formations inside the canyon, we return to the top

and follow a different trail back to the trailhead. *This is a moderate 3.5-mile hike with limited shade at a high altitude. This hike is not for beginners. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. A walking stick is highly recommended. No restrooms available. Limited enrollment.*

See bio in class #262.

Wednesday **Oct 26** **9:00 - 12:00**
Fee: \$15  **Golden Open Space**

Our Splendid Sandhill Cranes: Walk **264**

Colston Chandler



Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, filling the air with their loose Vs and circles as they look for prime landing fields. Standing four to five feet high, with a wingspread of seven feet, these stately red-capped birds are the delight of nature lovers. *This is a moderately paced 2.5-mile walk on level terrain to view the cranes, newly arrived in November. No restrooms available. Limited enrollment.*

See bio in class #261.

Tuesday **Nov 22** **10:00 - 12:00**
Fee: \$15  **Los Poblanos Open Space**

Our Splendid Sandhill Cranes: Accessible Walk 265

Colston Chandler

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

See bio in class #261.

Thursday Dec 1 10:00 - 12:00
Fee: \$15  Los Poblanos Open Space

SPONSORED CLASSES

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.

NEIGHBORHOOD IN RIO RANCHO SPONSORED CLASSES

NIRR Travelers in Sixteenth Century Europe 266

Charles Steen

This lecture will concentrate on six famous travelers who did extensive traveling between 1500

and 1600. They include Albrecht Durer, 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.

See bio in class #160.


Monday Sep 12 3:00 - 4:30
Fee: \$5  Neighborhood in Rio Rancho

NIRR Hollywood Icon: Marilyn Monroe ZOOM 267

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.

See bio in class #126.

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

NIRR Meditation: A Transforming Practice in Turbulent Times 268

Rennie Maguire

Meditation is an invaluable practice to help you flow through the confusion and chaos of our times. In this workshop, you learn meditation postures, how to regulate your breath and calm your mind, while expanding your awareness. You learn to observe your thoughts and feelings, letting them go, in the silence. Regular practice 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.

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

NIRR Arthur Fiedler: Half a Century with the Boston Pops ZOOM 269

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, from whence he slowly but steadily built his career. 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.

See bio in class #126.

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

LA VIDA LLENA SPONSORED CLASSES

LVL The Brilliance and Tragedy of Edgar Allan Poe ZOOM 270

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 #126.

Thursday **Oct 20** **3:00 - 4:30**
Fee: \$5  **Zoom**

LVL Giacomo Puccini: Fast Cars, Cigarettes, and Opera ZOOM 271

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 #126.

Thursday **Dec 15** **3:00 - 4:30**
Fee: \$5  **Zoom**

FOOT CARE CLINICS

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.*

This is a scheduled appointment; therefore, no credit or refunds will be issued for cancellations. 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. *For more information see bio in class #131.*

Foot Care Clinic 1	919
Monday Sep 19	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 2	1003
Monday Oct 3	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 4	1021
Friday Oct 21	9:00 - 12:00
Fee: \$10	 Oasis
Foot Care Clinic 5	1026
Wednesday Oct 26	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 6	1104
Friday Nov 4	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 7	1116
Wednesday Nov 16	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 8	1130
Wednesday Nov 30	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 9	1202
Friday Dec 2	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 10	1207
Wednesday Dec 7	1:00 - 4:00
Fee: \$10	 Oasis
Foot Care Clinic 11	1214
Wednesday Dec 14	1:00 - 4:00
Fee: \$10	 Oasis

Off-Site Class Locations

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

Albuquerque Zoo

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

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.

Bosque Ponds by Tingley Beach

Parking at Rio Grande Park (formerly Kit Carson Park). From Central turn south onto Tingley Drive. Turn at your first left onto Alcalde. There is a tall steel structure where you turn. Then turn left immediately into the parking lot for Rio Grande Park. The group will cross Tingley Drive to walk to the wildlife ponds.

Cañada del Ojo

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

Duran's Central Pharmacy

Begin tour at Remedy, a cafe in the pharmacy/restaurant complex located at 1815 Central NW.

Fairview Cemetery

Located at 700 Yale Blvd SE, Albuquerque. Enter through the gates of Fairview Memorial Park. Drive straight through to the intersection with the cemetery office on the left. Turn left and pro-

ceed north into the historic part of the cemetery (no grass). 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.

Golden Open Space

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

Greyshoes Studio

Located in Albuquerque's North Valley. Specific directions will be emailed to you just prior to tour date.

Harvey House Museum in Belen

Located at 104 North First St, Belen. Belen is located about 36 miles south of Albuquerque. Take Exit 195 from I-25 South. Turn left onto W Reinken Ave, turn right onto North Second St, turn left toward North First St, then turn right onto North First St and Belen Harvey House Museum is on the left. 505-861-0581

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.

KiMo Theatre

423 Central NW, Albuquerque. From I-25/Central, travel west to 423 Central Ave. Street parking is available around the theater.

Los Poblanos Open Space

Take Montano 1.0 mile west of Fourth Street to Tierra Viva Pl. (east of Shepherd of the Valley Church), turning north into the lot.

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.

National Hispanic Cultural Center – Torreón

Located at 1704 4th St SW, Albuquerque. Intersection of 4th Street SW and Avenida César Chávez (Bridge Blvd). From I-25, exit Avenida César Chávez, follow west over railroad tracks. Enter the parking lot on 4th or 8th Streets. Meet at the Welcome Center.

Neighborhood in Rio Rancho

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

Old Town Stroll

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

number in boxes next to the archway on the east side of the parking lot. Bring exact change.

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

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.

Poole Property Open Space

The Poole Open Space property is located on Albuquerque's west side. Travel west on I-40 to Coors Blvd NW, travel north until you reach the light at Namaste NW. Turn east (right) on Namaste, drive down the hill until the road ends. The walk starts there.

Rio Rancho's Water Site

Located at 3354 Stapleton Ave NE, Rio Rancho. Driving directions: from Albuquerque get to NM-528/Alameda Blvd. Continue on NM-528 to Rio Rancho (up the hill from Cottonwood Mall). After passing the Intel complex, turn left onto Sara Rd SE. Sara Rd name changes to Country Club Dr SE at the intersection of Southern Blvd. Cross Southern Blvd onto Country Club Dr SE. At the roundabout, take the 3rd exit onto Broadmoor Blvd SE. In about 2 miles, turn right onto Stapleton Ave NE (unpaved). Continue for about a half mile. (Approximately a 35-minute drive from Oasis.)

Tamarind Institute

Located at 2500 Central SE, Albuquerque. Southeast corner of Central and Stanford, across from UNM. Limited parking in back of building on Stanford, or paid meter parking on the streets or across the street at UNM lots. 505-177-3901



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CALL 505-884-4529 | OASISABQ.ORG

*Rate is per person, based on double occupancy for land and round-trip air out of Albuquerque International Airport. Air taxes, fees and hotel transfers are included. Price is subject to increase prior to full payment.



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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ZM= Livestream via Zoom Registration opens Wednesday, September 7 at 10:00 am and continues throughout the term.				Tutor Support Meeting
5	6	7	8	9
Office Closed		Fall Registration Opens 10:00am		
12	13	14	15	16
242 Self Defense 114 Current Event Discussion ZM 115 State of Education in NM 266 NIRR 18th Century Travelers*	242 Self Defense 168 Singing the Show Tunes 243 Dragon & Tiger Qigong 163 Austin Book Group	242 Self Defense 101 Greystones Studio Tour 1* 130 Aging Mastery Program 169 Righteous Brothers ZM	244 Tai Chi Chih 102 Greystones Studio Tour 2* 150 Benedict Arnold ZM 202 Our Natural History	Celebrate Oasis! 10:00-12:00
19	20	21	22	23
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 203 Endangered Reptile, Bird & Cat Tour* 131 Foot Health & Better Balance 132 Speaking the Unspeakable 170 Tom Lehrer ZM 919 Foot Care Clinic	116 Cannabis Tour 1* 168 Singing the Show Tunes 247 Tai Chi Health Pt1 248 Tai Chi Health Pt1 ZM 117 Cannabis Tour 2* 164 Summit Book Group 243 Dragon & Tiger Qigong 165 Holmes Book Group ZM	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 130 Aging Mastery Program 128 Jaramillo Vineyard* 133 Matter of Balance 166 West Mesa Book Group*	244 Tai Chi Chih 204 Endangered African Wildlife Tour* 128 James Bond Music ZM 237 iPad 1 247 Tai Chi Health Pt1 248 Tai Chi Health Pt1 ZM 134 Prevent a Fall	260 Poole Property 118 Russo-Ukrainian War ZM 9:00-11:00 10:00-11:30
26	27	28	29	30
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 114 Current Event Discussion ZM 103 Unitarian Church Mural*	224 National Hispanic Cultural Center* 168 Singing the Show Tunes 247 Tai Chi Health Pt1 248 Tai Chi Health Pt1 ZM 243 Dragon & Tiger Qigong 239 Collette Pacific Coast ZM	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 205 Terror 130 Aging Mastery Program 171 Gene Autry ZM 133 Matter of Balance	244 Tai Chi Chih 206 Aquifer Recharging Tour* 119 Investigative Genealogy 237 iPad 1 247 Tai Chi Health Pt1 248 Tai Chi Health Pt1 ZM 240 Latin America Travel 104 Popping Pastels	194 GK Chesterton, Pt1 251 Resistance/ Strength Training 104 Popping Pastels 186 ABQ (A Barbershop Quartet) 10:00-11:30 11:00-12:00 12:30-3:30 2:00-3:30

Monday			Tuesday			Wednesday			Thursday			Friday		
3	4	5	6	7										
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 151 Catacombs of Rome 152 Catacombs of Rome ZM 1003 Foot Care Clinic 172 Cab Calloway ZM	225 Historic Fairview Cemetery Tour* 168 Singing the Show Tunes 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 153 Renovatio Imperii 243 Dragon & Tiger Qigong	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 111 Most of Medicare 130 Aging Mastery Program 106 Metalsmithing* 133 Matter of Balance	Tutor Training (Pre-registration required) 244 Tai Chi Chih 196 Ukraine's Religious History* 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 106 Metalsmithing*	135 Positive Intimacy & Aging 138 Protecting Your Back 251 Resistance/Strength Training 187 Die Polka Schlingel										
10	11	12	13	14										
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 114 Current Event Discussion ZM 191 Sonnet Workshop 173 Carlos Nakai ZM 154 Northern Ireland 267 NIRR Marilyn Monroe ZM	207 Penguin Plus Tour 1* 168 Singing the Show Tunes 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 226 Navajo Wars 243 Dragon & Tiger Qigong 163 Austin Book Group	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 130 Aging Mastery Program 155 Nu Shu: Language 133 Matter of Balance	244 Tai Chi Chih 208 Penguin Plus Tour 2* 137 Arthritis: Hips and Knees 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 174 Lerner & Loewe ZM 252 Belly Dance 197 Feast of Sukkot	156 Cuban Missile Crisis 251 Resistance/Strength Training 227 Wildlife on WSMR										
17	18	19	20	21										
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 191 Sonnet Workshop 120 Critical Race ZM 121 Critical Race ZM @ Oasis	168 Singing the Show Tunes 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 164 Summit Book Group 165 Holmes Book Group ZM 238 iPad 2	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 130 Aging Mastery Program 175 Muddy Waters ZM 228 KiMo Theatre 1* 133 Matter of Balance 166 West Mesa Book Group*	244 Tai Chi Chih 261 Old Town Stroll* 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 157 Standard Time 252 Belly Dance 270 LVL Edgar Allan Poe ZM	1021 Foot Care Clinic 107 Tamarind Tour* 230 Gravesites in NM 251 Resistance/Strength Training										
24	25	26	27	28										
258 Walking ABQ – Mon* 245 Tai Ji Quan 246 Tai Ji Quan ZM 262 Cañada del Ojo Hike* 114 Current Event Discussion ZM 191 Sonnet Workshop 176 Dusty Springfield ZM	168 Singing the Show Tunes 209 Bosque Ponds Tour 1* 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 238 iPad 2 122 The Complexity of Gender	259 Walking ABQ – Wed* 245 Tai Ji Quan 246 Tai Ji Quan ZM 263 Golden Open Space* 211 Nikola Tesla 130 Aging Mastery Program 212 Weather Myths 133 Matter of Balance 1026 Foot Care Clinic	210 Bosque Ponds Tour 2* 247 Tai Chi Health P1 248 Tai Chi Health P1 ZM 177 Aviation Music ZM 252 Belly Dance 229 KiMo Theatre 2* 108 Retablo Painting	158 Early Clock ZM 138 Your Hearing 108 Retablo Painting										
31														
245 Tai Ji Quan 246 Tai Ji Quan ZM 167 Mary Shelley ZM 192 Your Dream Life 213 Bats of NM 193 Archetypal Psychology														
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 54-55 Registration opens Wednesday, September 7 at 10:00 am and continues throughout the term.														

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 54-55
Registration opens Wednesday, September 7 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
112	Duran's Pharmacy Tour*	9:30-10:30	Tai Ji Quan	9:00-10:00	245	247	249	251	253
168	Singing the Show Tunes	10:15-11:45	Tai Ji Quan ZM	9:00-10:00	246	248	250	252	254
247	Tai Chi Health Pt1	11:00-12:00	214	Galisteo Basin Geology ZM	10:00-11:30	248	250	252	254
248	Tai Chi Health Pt1 ZM	11:00-12:00	130	Aging Mastery Program	10:00-12:00	252	254	256	258
122	The Complexity of Gender	2:00-4:00	231	Four Corners History ZM	12:30-2:00	Tutor Support Meeting	256	258	260
			133	Matter of Balance	1:00-3:00		256	258	260
8		9		10		11		12	
168	Singing the Show Tunes	10:15-11:45	245	Tai Ji Quan	9:00-10:00	178	253	255	257
247	Tai Chi Health Pt1	11:00-12:00	246	Tai Ji Quan ZM	9:00-10:00	247	254	256	258
248	Tai Chi Health Pt1 ZM	11:00-12:00	215	Mars Mission	10:00-11:30	248	250	252	254
113	Law & Your Money	12:30-2:00	130	Aging Mastery Program	10:00-12:00	109	256	258	260
255	Yoga for Feet	1:00-2:00	216	Raptors	12:30-2:00	256	258	260	262
163	Austin Book Group	1:30-3:00	133	Matter of Balance	1:00-3:00	141	256	258	260
140	End-of-Life Doula's ZM	2:30-4:00					256	258	260
15		16		17		18		19	
168	Singing the Show Tunes	10:15-11:45	198	Happiness	10:00-11:30	147	253	255	257
249	Tai Chi Health Pt2	11:00-12:00	130	Aging Mastery Program	10:00-12:00	249	254	256	258
250	Tai Chi Health Pt2 ZM	11:00-12:00	146	Coping with Grief	12:30-2:00	250	254	256	258
164	Summit Book Group	11:00-12:30	1116	Foot Care Clinic	1:00-4:00	181	254	256	258
144	Acupressure for Pain	12:30-2:00	166	West Mesa Book Group*	1:30-3:00	256	254	256	258
165	Holmes Book Group ZM	1:00-2:30	161	Irish Monks	2:30-4:00		254	256	258
145	Pillars of Well-Being	2:30-4:00					254	256	258
22		23		24		25		26	
114	Current Event Discussion ZM	9:15-10:45	264	Crane Walk*	10:00-12:00	257	259	261	263
192	Your Dream Life	10:00-12:00	168	Singing the Show Tunes	10:15-11:45	257	259	261	263
199	Dorothy Day ZM	10:00-12:00	234	SW Indian Rock Art ZM	2:30-4:30	257	259	261	263
193	Archetypal Psychology	1:30-3:30				257	259	261	263
28		29		30		31		32	
123	Middle East 2021-22	10:00-11:30	235	Civil War in NM	10:00-11:30	257	259	261	263
			168	Singing the Show Tunes*	10:15-11:45	257	259	261	263
			249	Tai Chi Health Pt2	11:00-12:00	257	259	261	263
			250	Tai Chi Health Pt2 ZM	11:00-12:00	257	259	261	263

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 54-55. Registration opens Wednesday, September 7 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	2		
						265 Accessible Crane Walk* 236 Acequias 249 Tai Chi Health Pt2 250 Tai Chi Health Pt 2 ZM 241 Hidden Gems	10:00-12:00 10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:00	1202 Foot Care Clinic 189 NM QTones	1:00-4:00 2:00-3:30
5		6		7		8	9		
114 Current Event Discussion ZM 183 Tammy Wynette ZM 162 Courts of 16th Century	9:15-10:45 10:00-12:00 12:30-2:00	168 Singing the Show Tunes* 249 Tai Chi Health Pt2 250 Tai Chi Health Pt 2 ZM 129 Plant-Based Eating ZM	10:15-11:45 11:00-12:00 11:00-12:00 12:30-2:00	257 Three Pillars Qigong 221 Mesa Verde 1207 Foot Care Clinic 110 Glass Between the Wars	10:00-11:00 10:00 - 11:30 1:00-4:00 2:30-4:00	184 Charles Mingus ZM 249 Tai Chi Health Pt2 250 Tai Chi Health Pt 2 ZM 149 Dizziness/Balance Issues	10:00-12:00 11:00-12:00 11:00-12:00 12:30-2:00	Tutor Book Giveaway	
12		13		14		15	16		
195 GK Chesterton Pt2 124 Love Affair With Guns 269 NRRR Arthur Fiedler ZM	10:00-11:30 2:30-4:00 3:00-4:30	168 Singing the Show Tunes* 249 Tai Chi Health Pt2 250 Tai Chi Health Pt 2 ZM 163 Austin Book Group 185 Frank Sinatra ZM	10:15-11:45 11:00-12:00 11:00-12:00 1:30-3:00 2:30-4:30	257 Three Pillars Qigong 125 SE Asia 2023 127 It's A Wonderful Life ZM 1214 Foot Care Clinic 166 West Mesa Book Group*	10:00-11:00 10:00-11:30 12:30-1:45 1:00-4:00 1:30-3:00	249 Tai Chi Health Pt2 250 Tai Chi Health Pt 2 ZM 222 Geology of Mediterranean Sea 271 LVL Giacomo Puccini ZM	11:00-12:00 11:00-12:00 12:30-2:00 3:00-4:30	223 Homo sapiens 190 Oasis Entertainers	10:00-11:30 2:00-3:00
19		20		21		22	23		
		164 Summit Book Group 165 Holmes Book Group ZM	11:00-12:30 1:00-2:30				Office Closed		
26		27		28		29	30		
Office Closed									
<div> ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 54-55 Registration opens Wednesday, September 7 at 10:00 am and continues throughout the term. </div>									

Oasis Policies

(505) 884-4529 | Hours: Monday-Thursday 9:00am to 4:30pm, Friday 9:00am - 4:00pm
American Square Shopping Center | 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107
Mailing Address: PO Box 35518, Albuquerque, NM 87176

How do I become an Oasis member?

You may join Oasis at any time by completing the New Participant Form found on the inside back cover of this catalog or go online to www.oasisabq.org and click on the My Account link in the upper right corner of the webpage.

How do I register for classes?

You may register online, in person at the Oasis office, by calling the Oasis office at 505-884-4529, or by mail. Payment is required at the time of registration and holds your place in a class. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the fall term - either online or by phone.

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 on Friday.

What types of payment do you accept?

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

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

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

Oasis Policies, Cont.

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.

**Fall 2022 classes begin
Monday, September 12, 2022**

Registration Info:

**Registration opens Wednesday, September 7 at 10:00am.
Fall 2022 classes begin Monday, September 12, 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 10:00am on Wednesday, September 7, 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 or drop off your paper registration. We start collecting registration forms the day the catalogs arrive; however, they are not entered into our system until registration opens at 10:00am on September 7, 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 10:00am on the first day of registration (September 7, 2022). The first form received is the first one entered and so on.

Important Registration Information

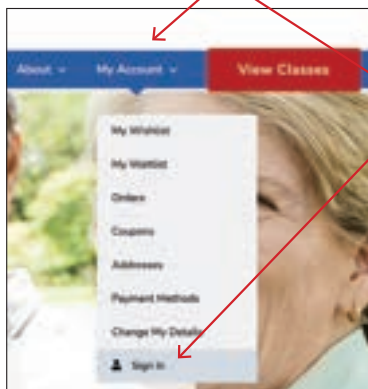
Complete your forms and payments carefully. Include payment for all of your classes and trips.

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

Payment methods

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

HOW TO REGISTER FOR CLASSES

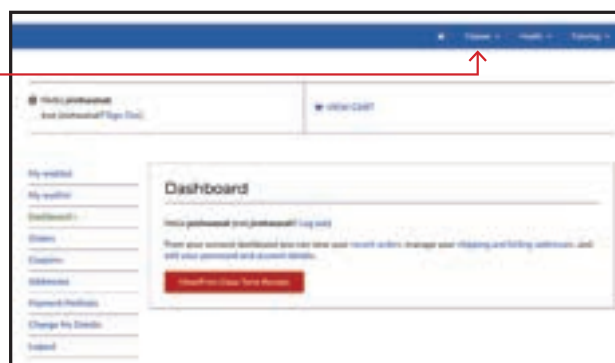


1. Go to www.oasisabq.org

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



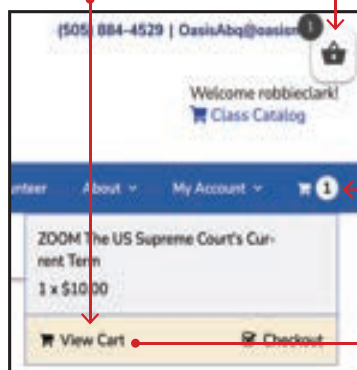
3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**



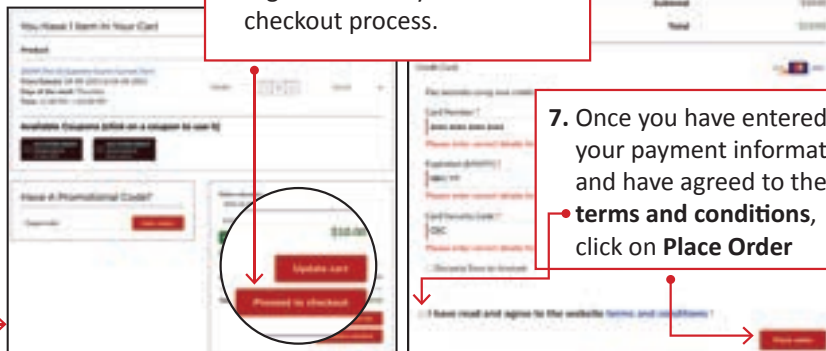
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

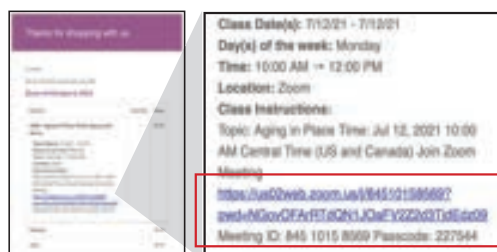


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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

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



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



Cut along the line to remove and return this form.

Oasis Fall 2022 Class Registration Oasis ID# (from catalog address label)

Date / /

Name Address Phone Email

City Zip

WAIVER OF LIABILITY: I release and discharge Oasis and all other sponsors, supporters, and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis. These include but are not limited to: educational, cultural, volunteer, physical fitness related programs, and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **COVID-19** Oasis will follow CDC or NM state guidelines, whichever is most stringent, as it relates to COVID-19. 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		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	101	Greyshoes Studio Tour 1	\$18			
	102	Greyshoes Studio Tour 2	\$18			
	103	Unitarian Church Mural	\$12			
	104	Popping Pastels	\$55			
	106	Metalsmithing	\$100			
	107	Tamarind Tour	\$15			
	108	Retablo Painting	\$55			
	109	Intro to Mosaics	\$55			
	110	Glass Between the Wars	\$10			
	111	Most of Medicare	\$5			
	112	Duran's Pharmacy Tour	\$18			
	113	Law & Your Money	\$10			
	114	Current Event Discussion ZM	\$30			
	115	State of Education in NM	\$10			
	116	Cannabis Tour 1	\$15			
	117	Cannabis Tour 2	\$15			
	118	Russo-Ukrainian War ZM	\$10			
	119	Investigative Genealogy	\$10			
	120	Critical Race ZM	\$10			
	121	Critical Race ZM at Oasis	\$10			
	122	The Complexity of Gender	\$20			
	123	Middle East 2021-22	\$10			
	124	Love Affair With Guns	\$10			
	125	SE Asia 2023	\$10			
	126	James Bond Music ZM	\$10			
	127	It's A Wonderful Life ZM	\$10			
	128	Jaramillo Vineyard	\$25			
	129	Plant-Based Eating ZM	\$10			
	130	Aging Mastery Program	\$25			
	131	Foot Health & Better Balance	\$5			
	132	Speaking the Unspeakable	\$10			
✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	133	Matter of Balance	Free			
	134	Prevent a Fall	\$5			
	135	Positive Intimacy & Aging	\$10			
	136	Protecting Your Back	\$15			
	137	Arthritis: Hips and Knees	\$10			
	138	Your Hearing	\$10			
	139	Overview of Arthritis	\$10			
	140	End-of-Life Douلاس ZM	\$10			
	141	CPR & AED	\$5			
	142	Osteoporosis	\$10			
	143	Mindfulness ZM	\$10			
	144	Acupressure for Pain	\$10			
	145	Pillars of Well-Being	\$10			
	146	Coping with Grief	\$10			
	147	Home Safety	\$10			
	148	Healthy Life	\$10			
	149	Dizziness/Balance Issues	\$10			
	150	Benedict Arnold ZM	\$10			
	151	Catacombs of Rome	\$10			
	152	Catacombs of Rome ZM	\$10			
	153	Renovatio Imperii	\$10			
	154	Northern Ireland	\$10			
	155	Nu Shu: Language	\$10			
	156	Cuban Missile Crisis	\$10			
	157	Standard Time	\$10			
	158	Early Clock ZM	\$10			
	159	Polish-Ukrainian-Russian Borderland	\$10			
	160	Devil in Renaissance	\$10			
	161	Irish Monks	\$10			
	162	Courts of 16th Century	\$10			
	163	Austin Book Group	\$10			
✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Ci#	*Indicates Off-Site Class	Fee \$	In	W	
	164	Summit Book Group	\$10			
	165	Holmes Book Group ZM	\$10			
	166	West Mesa Book Group	\$10			
	167	Mary Shelley ZM	\$10			
	168	Singing the Show Tunes	\$65			
	169	Righteous Brothers ZM	\$10			
	170	Tom Lehrer ZM	\$10			
	171	Gene Autry ZM	\$10			
	172	Cab Calloway ZM	\$10			
	173	Carlos Nakai ZM	\$10			
	174	Lerner & Loewe ZM	\$10			
	175	Muddy Waters ZM	\$10			
	176	Dusty Springfield ZM	\$10			
	177	Aviation Music ZM	\$10			
	178	Film Music 70s-90s ZM	\$10			
	179	Johnny Mathis ZM at Oasis	\$10			
	180	Johnny Mathis ZM	\$10			
	181	Audra McDonald ZM	\$10			
	182	Maurice Ravel ZM	\$10			
	183	Tammy Wynette ZM	\$10			
	184	Charles Mingus ZM	\$10			
	185	Frank Sinatra ZM	\$10			
	186	ABQ (A Barbershop Quartet)	\$12			
	187	Die Polka Schlingel	\$12			
	188	Westside Sound Big Band	\$12			
	189	NM Qtones	\$12			
	190	Oasis Entertainers	\$10			
	191	Sonnet Workshop	\$25			
	192	Your Dream Life	\$30			
	193	Archetypal Psychology	\$30			
	194	GK Chesterton, Pt1	\$10			

✓ Check (on this site) the classes you would like to take					Office Use Only	
✓	C#	* Indicates Off-Site Class	Fee \$	In	W	
	195	GK Chesterton P12	\$10			
	196	Ukraine's Religious History	\$10			
	197	Feast of Sukkot	\$10			
	198	Happiness	\$10			
	199	Dorothy Day ZM	\$10			
	202	Our Natural History	\$10			
	203	Endangered Reptile, Bird & Cat Tour	\$18			
	204	Endangered African Wildlife Tour	\$18			
	205	Terroir	\$10			
	206	Aquifer Recharging Tour	\$15			
	207	Penguin Plus Tour 1	\$18			
	208	Penguin Plus Tour 2	\$18			
	209	Bosque Ponds Tour 1	\$12			
	210	Bosque Ponds Tour 2	\$12			
	211	Nikola Tesla	\$10			
	212	Weather Myths	\$10			
	213	Bats of NM	\$10			
	214	Galisteo Basin Geology ZM	\$10			
	215	Mars Mission	\$10			
	216	Raptors	\$10			
	217	Fantastic Felines ZM	\$10			
	218	Anthropocene	\$10			
	219	Silent Killers	\$10			
	220	Fallacies of Statistics	\$10			
	221	Mesa Verde	\$10			
	222	Geology of Mediterranean Sea	\$10			
	223	Homo sapiens	\$10			
	224	National Hispanic Cultural Center	\$18			
	225	Historic Fairview Cemetery Tour	\$15			
	226	Navajo Wars	\$10			

✓ Check (on this site) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	227	Wildlife on WSMR	\$10				
	228	KIMo Theatre 1	\$18				
	229	KIMo Theatre 2	\$18				
	230	Gravesites in NM	\$10				
	231	Four Corners History ZM	\$10				
	232	Rescues From Captivity	\$10				
	233	Harvey House Tour	\$15				
	234	SW Indian Rock Art ZM	\$10				
	235	Civil War in NM	\$10				
	236	Acequias	\$10				
	237	iPad 1	\$40				
	238	iPad 2	\$40				
	239	Collette Pacific Coast ZM	Free				
	240	Latin America Travel	\$10				
	241	Hidden Gems	\$10				
	242	Self Defense	\$36				
	243	Dragon & Tiger Qigong	\$40				
	244	Tai Chi Chih	\$60				
	245	Tai Ji Quan	Free				
	246	Tai Ji Quan ZM	Free				
	247	Tai Chi Health Pt1	Free				
	248	Tai Chi Health Pt 1 ZM	Free				
	249	Tai Chi Health Pt 2	\$40				
	250	Tai Chi Health Pt 2 ZM	\$40				
	251	Resistance/Strength Training	\$32				
	252	Belly Dance	\$40				
	253	Stretch & Relax	\$24				
	254	Stretch & Relax ZM	\$24				
	255	Yoga for Feet	\$10				
	256	Hula Fundamentals	\$16				

✓ Check (on this side) the classes you would like to take					
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W
	257	Three Pillars Qigong	\$24		
	258	Walking ABQ - Mon	\$20		
	259	Walking ABQ - Wed	\$20		
	260	Poole Property Hike	\$15		
	261	Old Town Stroll	\$15		
	262	Canada del Ojo Hike	\$15		
	263	Golden Open Space	\$15		
	264	Crane Walk	\$15		
	265	Accessible Crane Walk	\$15		
	266	NIRR 16th Century Travelers	\$5		
	267	NIRR Marilyn Monroe ZM	\$5		
	268	NIRR Meditation	\$5		
	269	NIRR Arthur Fiedler ZM	\$5		
	270	LVL Edgar Allan Poe ZM	\$5		
	271	LVL Giacomo Puccini ZM	\$5		
	919	Foot Care Clinic	\$10		
	1003	Foot Care Clinic	\$10		
	1021	Foot Care Clinic	\$10		
	1026	Foot Care Clinic	\$10		
	1104	Foot Care Clinic	\$10		
	1116	Foot Care Clinic	\$10		
	1130	Foot Care Clinic	\$10		
	1202	Foot Care Clinic	\$10		
	1207	Foot Care Clinic	\$10		
	1214	Foot Care Clinic	\$10		
		SUBTOTAL \$			
		TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$			
		TOTAL DUE \$			

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

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

(please circle) VISA MC DISC

Exp. Date _____

CVV/CSC/CVC _____

Signature _____

Oasis
 PO Box 35518, Albuquerque NM 87176
 Oasis Albuquerque

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



New Participant Form



Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____

Email Address: _____ Cell Phone: (_____) _____

☐ Check here if you would like to "Opt In" to receive occasional group emails from Oasis. We do not share or sell our email addresses.

In case of an emergency (required), 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.



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,

September 7, 2022, 10:00am

& continues throughout the term.

See pages 67-68.

Classes begin Monday, September 12, 2022

www.twitter.com/OasisAbq

www.instagram.com/OasisAlbuquerque

www.facebook.com/OasisAlbuquerque

Oasis Albuquerque

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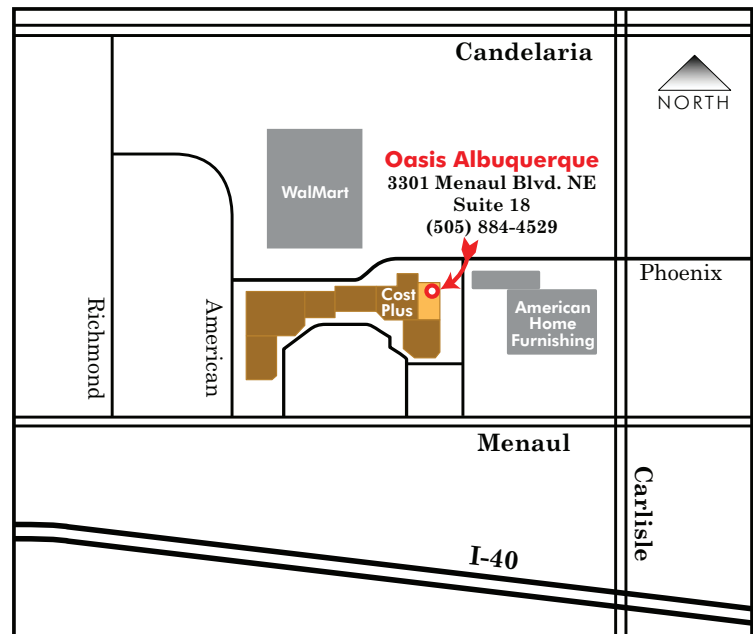
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