

Classes January - April 2023  
Registration Opens 10:00am  
Wednesday, January 4, 2023



# SPRING 2023

Get fit, get smart, and get back to being social!



Sponsored by:



## Dear Oasis Friends,

It's a new year, and here at Oasis, we're looking forward to it! We have seen many of you return to Oasis, and we encourage you to spread the word about Oasis - our classes, our Intergenerational Tutoring Program, and our health & wellness programming.

Sign up and read our weekly emails. You'll receive notice of upcoming pop-up classes - educational offerings that didn't make it into the catalog, including popular offerings that fill up quickly (hikes, walks, and tours, for example). Weekly emails also include classes that you may have missed in the initial round of registration. You can sign up at any time - not just on registration day!

### Registration tips:

- Log on to our website ([www.oasisabq.org](http://www.oasisabq.org)) and sign in to your account to make sure you are active and current prior to opening day of registration on January 4th. If you encounter ANY problem, please call the office. It's not you but it may very well be a glitch in our system that we can fix quickly for you.
- If you register using a paper form, please mail or drop it off as soon as you receive the catalog. Paper forms are processed in the order they are received and sooner is better!
- Always check your receipt for class details - receipts include zoom links or directions to off-site locations.
- Always add your name to the wait list...and keep the date free...we often call 10-15 people just to find someone who is still available after a last minute cancellation.
- You can register for classes throughout the session!

Looking forward to 2023 - it's your time to get fit, get smart, and get back to being social. See you soon at Oasis!

*Kathleen*

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

## The Oasis Center

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

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

Mail: PO Box 35518, Albuquerque, NM 87176

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

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

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

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

## Oasis Staff



Kathleen



Vicki



Becky



Lisa



Sylvia



Elena



Cynthia

# Oasis Class Formats

Oasis offers classes in four 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 of 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 of the specific site on your receipt/registration confirmation. Please read the class description to learn about special circumstances such as terrain, restroom, and/or parking availability.

## Zoom Class

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

## Inclement Weather Policy

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

## On the cover: Some Oasis Volunteers

Top row: Todd Griffin, Ann Stafford, Nancy Urbassik, Linda Chandler, Cheryl Barker  
Bottom row: Hope Sikes, Roxanne Sikes, Karen Blazek, Pat Fry, Carol Pitts

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# The Oasis Art Gallery Returns

## Who Let The Dogs Out 2: Paintings by Jeannette Williams

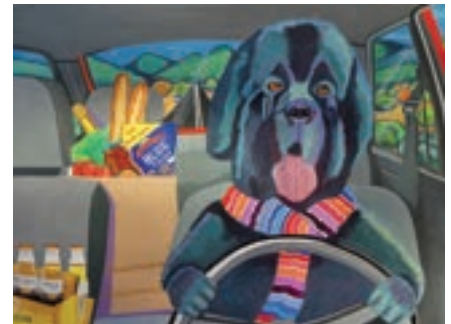
Mid-January through mid-April, 2023 | Exhibit may be viewed during Oasis office hours.



*Rivka and Friend go Driving*

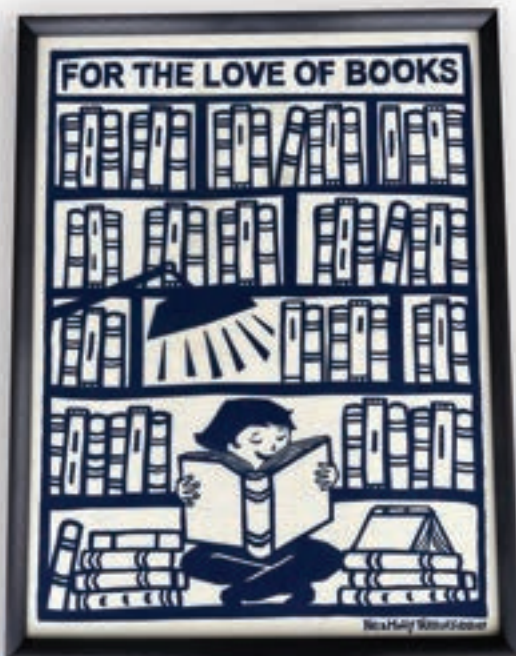


*Cutty goes to London*



*Jenny Goes to El Mercado*

A photographer and a painter, Jeannette Williams has worked on a series of whimsical paintings depicting dogs (and a few cats) in trucks, trailers, and cars in southwest landscapes. She received a BA in design from San Jose State University in California and her MA from UNM. Williams taught design, drawing, airbrush, and photography at Highland and La Cueva high schools. This is her second appearance in the Oasis Art Gallery. The first time was fall 2017.



*Image courtesy of Kei & Molly Textiles*



## Oasis Intergenerational Tutoring Program

### Our 2022 Impact:

- 3 Districts – Albuquerque, Belen and Bernalillo
- 50 Elementary Schools
- 275 Volunteer Reading Mentors
- 300 Students supported in weekly, 60 minute sessions

**Join us and share your love of reading as an Oasis reading mentor.**

You can **change a life** by providing the individual attention that **helps children** build confidence and experience success.

Contact Vicki DeVigne at 505-884-4529 for more information.

**Next Training: January 2023**

**Pre-registration required**

## LECTURES

## ARTS

**Pauline Eaton: Her Art, Creativity, & Vision****101***Charles Eaton***Monday****Jan 16****10:00 - 11:30****Fee: \$10**📍 **FUSION**

Currently displayed at FUSION's art venue are 60-70 of Pauline Eaton's (1935-2021) watercolors and sculptures. Pauline was an artist, educator, author, and was the recipient of numerous national and regional awards. Some of Eaton's works are among the largest watercolors ever painted (10'x4' and 7'x12'). This class and tour include a video demonstration of her technique; introduction to the way her rich inner life is revealed in her art; and reflection on her "Crawling to the Light" series. Her husband and collaborator, Charles Eaton, presents the story of Pauline's artistic creations. *Each attendee will receive a copy of Pauline's Crawling To The Light book.*

**Introduction to Quilling: Workshop 102***Elizabeth Potter***Friday****Jan 20****12:00 - 4:00****Fee: \$30**🌿 **Oasis**

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

Elizabeth Potter has been a quilling and paper artist for about two years. Not one to follow the rules

when it comes to art, she calls her style 'traditionally twisted.' Elizabeth is a retired project manager and interior designer. She shows her work at various locations including on her website: [www.ElizabethPotterDesigns.com](http://www.ElizabethPotterDesigns.com)

**Free-Spirited Pastel Abstracts: Workshop****103***Susan Roden***Tue & Wed****Jan 31 - Feb 1****12:30 - 3:30****Fee: \$55****2 sessions**🌿 **Oasis***Photo Credit Susan Roden*


With an emphasis on creating lines, shapes, and color rather than technical ability, this is a perfect pastel class for everyone! A fun two-day session includes discussions of movement, harmony, and symmetry through demos, a group exercise, and individual renderings. Abstract imagery will emerge from washed underpaintings with overlays of shapes and markings onto an assortment of paper. *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 the 2020 president of the Pastel Society of New Mexico. She is noted for her pastels as well as other media and maintains an art studio in Albuquerque. She has exhibited nationally, and her paintings have been featured in *Décor & Style*, *The Pastel Journal*, *San Diego*

*Home/Garden Lifestyles, and Pastel Artist International Magazine.*

## **Introduction to Mosaics: Workshop 104**

*Jill Gatwood*

<b>Thursday</b>	<b>Feb 2</b>	<b>12:00 - 4:00</b>
<b>Friday</b>	<b>Feb 3</b>	<b>12:00 - 2:00</b>
<b>Fee: \$55</b>	<b>2 sessions</b>	 <b>Oasis</b>

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

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

## **Drawing and Observation: Workshop**

**105**

*Stephen Vosa*

<b>Mon &amp; Fri</b>	<b>Feb 6 - Mar 20</b>	<b>10:00 - 11:30</b>
<b>Fee: \$120</b>	<b>12 sessions</b>	 <b>Oasis</b>

A course for anyone who wishes to gain knowledge and understanding through drawing. Students study form, value, light & shadow, perspective, gesture, and composition. Each class builds on the previous lesson with step-by-step instruction. The instructor demonstrates and draws with the class. Examples of each lesson in other works of art are shown. No previous study is necessary, and no one is too advanced to practice these essentials of drawing. *No class February 20. Bring*

*\$10 materials fee payable to instructor at first class (cash or check). Limited enrollment.*

Steve Vosa has been drawing for most of his life. He is a graduate of Vesper George School of Art, Boston, in fine art and commercial art and has worked professionally as a graphic artist/illustrator for over 30 years. He has taught drawing and observation classes numerous times over the years.

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

**106**

*Jill Gatwood*

<b>Thursday</b>	<b>Mar 2</b>	<b>1:00 - 4:00</b>
<b>Fee: \$30</b>		 <b>Oasis</b>



Learn how to mix thin set mortar and create your own unique mosaic art piece using found objects. Thin set is the primary adhesive used for outdoor mosaic murals and sculptures. No grouting required! Bring your own collection of objects: buttons, pebbles, sticks, shells, beads, etc. to use or share. An assortment will also be provided by the instructor. Other mosaic techniques using thin set mortar are described and demonstrated. Get ready to tile the outside world in mosaics! *Bring*



*\$15 materials fee payable to instructor (cash or check) at class. Limited enrollment.*

*See bio in class #104.*

## **Tour of Kei & Molly Textiles 107**

*Kei Tsuzuki & Molly Luethi*

**Thursday Mar 9 10:00 - 11:00**

**Fee: \$15**  **Kei & Molly Textiles**

Kei & Molly Textiles is a textile design company committed to creating hand-printed artisan-quality fabric goods while doing good. Founded in 2010, their printing studio follows a goal of creating good jobs for immigrant and refugee women in our community. Take a tour of the company to learn what they do, see the printing process, and ask questions, followed by an opportunity to purchase items in their store. *Limited enrollment.*

Kei Tsuzuki and Molly Luethi are friends, mothers, and printers who started their social enterprise, Kei & Molly Textiles, as a way to give back to their community. Located close to the International District, the printing studio provides work, skills and support for recent immigrants looking to build a better life for themselves. Today, the studio staff is comprised of women from nine countries who speak 12 different languages.

## **Lino-cut Printmaking on Fabrics/Tea Towels: Workshop 108**

*Carol Sanchez*

**Thu & Fri Mar 23 - Mar 24 12:30 - 3:30**

**Fee: \$65** **2 sessions**  **Oasis**

Create your own design for tea towels, T-shirts, tote bags and more. Lino-cut is a relief-printmaking process in which white areas are cut away and the surface of the plate is printed. Participants design an image from a linoleum block and print onto fabric. All levels welcome. *Tea towels and paper will be available. Participants may also bring any other*

*fabrics to print. All materials are provided. Bring a \$15 materials fee payable to the instructor on the first day of class. Limited enrollment.*

Carol Sanchez has a printmaking studio at the Harwood Art Center, where she creates art and teaches. She earned a BFA from UNM and an MFA from SUNY at Albany, both in printmaking. She has a national and international exhibition record; her works are included in private and public collections including The National Hispanic Cultural Center and Xi'an Academy of Fine Arts in Xi'an, China.

## **CONSUMER INFORMATION & FINANCE**

### **Cannabis Basics 109**

*Kelly Buttermann*

**Wednesday Feb 1 12:30 - 2:00**


**Fee: \$10**  **Oasis**

Curious about cannabis? Cannabis basics offers an in-depth overview of the many different properties of the plant and the system in our body that cannabis interacts with, the endocannabinoid system. We'll talk about the different ways to consume cannabis (edibles, inhalants, etc.) and how each differs in their onset times and how long the effects last. Buttermann discusses the many benefits that cannabis can have on the body.

Kelly Buttermann is the lead cannabis educator for the Verdes Foundation, a local cannabis company. She has spent many years studying cannabis and has received 13 certificates through the Medical Cannabis Institute. Her passion is educating the public on the benefits the cannabis plant can offer for health and wellness.

## Reverse Mortgage Facts 110

Kris Winterowd

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


Increase your financial literacy and protect yourself through reverse mortgage education. Reverse mortgages can be a powerful financial tool for seniors, but many avoid exploring this opportunity due to concerns about scams or lack of unbiased information. Learn about reverse mortgages in a safe, zero pressure environment in this workshop, which highlights the free app HECONOMICS provided by the New Mexico Aging and Long-Term Services Department. Empower and protect yourself with the facts about reverse mortgages.

Kris Winterowd, NE Regional Coordinator for the State of New Mexico's State Health Insurance Assistance Program (SHIP), is a former teacher-turned-Medicare specialist. She has a master's degree in education as well as extensive training from the Centers for Medicare and Medicaid (CMS). 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.

## CURRENT EVENTS

### Albuquerque's Homeless Crisis 111

Pete Dinelli

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




As the city tries to tackle the homeless problem, what services, both public and private, are affecting this growing population? Are there solutions to the issue? Is anything making a difference within this population? Pete Dinelli discusses Albuquerque's homeless crisis and the city's efforts to manage this ever-expanding population.

Pete Dinelli has been a licensed New Mexico attorney since 1978 with 27 years of municipal and state government service. He is a graduate of Eastern New Mexico University with a bachelors' degree in business administration with a major in finance. He is a graduate of St. Mary's School of Law. In 2009, Dinelli retired from government service and began to publish a political blog where he reports on city, state, and national events.

### A Citizens' Guide to The 1619 Project ZOOM 112

Richard Bell

**Tuesday Jan 31 12:30 - 2:00**  
**Fee: \$10**  **Zoom**


By now it seems everyone has an opinion about *The 1619 Project*. Published in 2019, *The 1619 Project* was a special edition of *The New York Times' Magazine* that tried to focus readers' attention upon the centrality of race slavery in American history. Bell pushes past the headlines and the posturing and tests three of *The 1619 Project's* central claims against the evidence in the historical record.

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.



## Autonomous Vehicles: What the Future Holds 113

Charles Fleddermann


**Thursday Feb 9 10:00 - 11:30**  
**Fee: \$10**  **Oasis**

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

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

## Let's Play Banned Books Jeopardy and Charades! 114

Kathy Barco


**Wednesday Feb 22 2:30 - 4:00**  
**Fee: \$10**  **Oasis**

Lately, much attention is being paid to book banning. Kathy Barco has created a non-judgmental, informative, and FUN way to address this present-day hot topic. Plenty of audience participation is involved as banned or challenged books provide the basis for games of Jeopardy and Charades. Categories include Potent Potables, Numbers, Animals, KidLit, Food, Names in the Title, Anagrams, Holidays, and more.

Kathy Barco is retired from the Albuquerque/Bernalillo County Library system where she was Literacy Coordinator and a children's librarian. She also spent five years as Youth Services Coordinator at the New Mexico State Library. Barco collaborated with Valerie Nye on *True Stories of Censorship Battles in America's Libraries*. Her latest book, *Storytime and Beyond: Having Fun with Early Literacy*, was published in 2018.


## Changing Nature of Religious Liberty 115

Andrew Schultz

**Monday Apr 17 12:30 - 2:00**  
**Fee: \$10**  **Oasis**

## Changing Nature of Religious Liberty ZOOM 116

Andrew Schultz

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

The Supreme Court has steered a careful path between the First Amendment's religion clauses: the "free-exercise" clause, which requires a degree of friendliness towards religion, and the "establishment" clause, which cautions against too much friendliness. Recently the Court has signaled that it is willing to find a new balance between these clauses. This talk surveys the Court's past religious liberty cases and examines the Court's recent decisions that may change America's law of religious liberty.

Andrew Schultz is a director at the Rodey Law Firm where he practices in the litigation department. He is the only graduate of the UNM Law School to serve as a law clerk at the US Supreme Court, serving as clerk to Byron R. White. Schultz has been an adjunct professor at UNM's School of Law for more than 30 years. He is listed among the Top

25 Lawyers in New Mexico as compiled by Southwest Super Lawyers.

## When the River Runs Dry - How Much Water Does New Mexico Have? 117

Lorna Wiggins & Jason Casuga

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

The Rio Grande has always been an indispensable water source. It is heavily affected by climatic and ecological change and requires constant maintenance. The Middle Rio Grande Conservancy District (MRGCD) is charged with maintaining the health of the Rio Grande, rehabilitating the intricate systems of ditches, canals, and levees that prevent the river from overflowing. Join Lorna Wiggins as she interviews Jason Casuga of MRGCD about the Rio Grande and what happens when our river runs dry.

Jason Casuga is the Chief Engineer and CEO for MRGCD. As a professional engineer, Jason has spent the last 12 years working within the Middle Rio Grande Valley. He has an undergraduate degree in civil engineering from NMSU. Lorna Wiggins is with the law firm, Wiggins, Williams & Wiggins, PC. Wiggins started practicing law in New Mexico in 1983 after completing a judicial clerkship. She specializes in labor and employment law, and is chair of the Oasis Albuquerque Board of Directors.

## Guided Tour of Albuquerque Sunport: Field Trip 118

Doug Lutz

**Monday Mar 27 10:00 - 12:00**  
**Fee: \$18**  **Albuquerque Sunport**

Get a behind-the-scenes view of our airport. Visit the communications center, pass through TSA security (bring a photo ID), and hop on a van onto the tarmac. Observe planes arriving and depart-


ing, see activity at Cutter Aviation, and tour the FedEx 727. The tour includes a trip to the old historic airport terminal located west of the main airport. Finally, learn about the amazing architecture and world class art collection on display inside the Sunport. *Limited enrollment.*

Doug Lutz works for the City of Albuquerque Aviation Department, where he acts as tour guide for numerous schools, retiree organizations, and special needs groups. As a member of the Sunport's marketing department, he oversees the airport's volunteer programs and community outreach activities. He is also the Sunport Art Program Coordinator. With a diverse background that includes oil and gas exploration, environmental engineering, banking, and government public service, Lutz has a wealth of experience.

## FILM & TV

### TV Show Themes: Genius in 60 Seconds or Less ZOOM 119

Jane Ellen

**Wednesday Jan 18 10:00 - 12:00**  
**Fee: \$10**  **Zoom**




It's clear that we are now beyond the golden age of television themes, but these musical snippets live on forever as muzak, in commercials, through endless reruns, and - once you've been reminded of them - brain worms. This class features themes

from the first 50 years of TV, including music from well-known as well as lesser-known composers, classical lifts, and themes which have become songs in their own right.

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.

### **Legendary Actress Barbara Stanwyck** **ZOOM 120**

Jane Ellen


**Wednesday Mar 29 10:00 - 12:00**  
**Fee: \$10**  **Zoom**

Barbara Stanwyck (1907-90) had one of the most lucrative film careers of any of her peers. With only an eighth grade education, she scored her first job on Broadway as a chorus girl at the age of 15. An amazingly versatile actress in more than 80 films, she was equally at home in all genres, including westerns, thrillers, melodramas, and screwball comedies.

*See bio in class #119.*

### **A History of Hollywood Censorship** **ZOOM 121**

Brian Rose

**Wednesday Apr 19 12:30 - 1:45**  
**Fee: \$10**  **Zoom**

For over 125 years, movies have delighted the public—and upset civic and religious authorities who felt that movies needed to be regulated. Censorship boards were established in the early 1900s, and Hollywood recognized it needed to take action. The result was the 1934 Hays Code,

which set up strict rules of language and conduct for studio films that lasted for 30+ years. The Code was replaced by the voluntary Motion Picture Association of America film ratings system in 1968. This presentation takes a look at movie censorship and the many ways Hollywood has dealt with this issue.

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.

## **FOOD & NUTRITION**

### **Let's Cook Chinese!** **122**

Regina Wong

**Thursday Jan 12 1:30 - 3:30**  
**Fee: \$35**  **Oasis**

In 2023, Chinese New Year falls on January 22. Learn to cook Chinese and welcome the Year of the Rabbit with your home-cooked Chinese food! Join Regina Wong, founding owner of the Mandarin Chinese Restaurant in Albuquerque, as she demonstrates her techniques and shares her enhanced recipes for Three Cup Chicken and Shrimp with Lobster Sauce. Recipes and tastings are provided. *Limited enrollment.*

Regina Wong has worked in the Chinese restaurant industry for over 50 years. She started working in upscale Chinese restaurants in Hong Kong in her early teens, eventually founding the Mandarin Chinese Restaurant, an Albuquerque institution since 1977. She offered the regional diversity of

traditional Chinese food, while enhancing traditional recipes and developing innovative ones. In 2009, she sold the restaurant. Chinese cooking is her passion, and she continues to create Chinese cooking recipes using healthier, locally-accessible ingredients.

### Spring for Salad 123

Renee Euler

**Monday**                      **Mar 27**                      **10:00 - 12:00**  
**Fee: \$35**     **Oasis**



Join us in learning how to make three unique salads. With spring in the air, many of us turn to eating lighter foods. Learn about the health benefits of salads and salad ingredients as Renee Euler demonstrates how to make Mediterranean quinoa salad, sesame-ginger napa cabbage salad with spring vegetables, and crunchy kale salad. Recipes and tastings are provided. *Limited enrollment.*

Renee Euler, MS, RDN, LD, is a Registered Dietitian Nutritionist in private practice specializing in gastrointestinal disorders. She has a strong interest in celiac disease and irritable bowel syndrome, having suffered from both for many years. She received both her bachelor's and master's degrees in nutrition from UNM. Renee is also a faculty member at CNM.

### The Sprouting Kitchen: Springtime Meals 124

Fallon Bader


**Wednesday**                      **Mar 29**                      **10:00 - 12:00**  
**Fee: \$35**     **Oasis**

Join Fallon Bader of the Sprouting Kitchen to learn three tasty and nutritious recipes for the springtime! She demonstrates how to make a warm, lemony feta pasta salad with radishes and asparagus; swiss chard rolls stuffed with rice and beans; and roasted carrots and beets with yogurt, herbs, and pistachios. Recipes and tastings are provided. *Limited enrollment.*

Fallon Bader, Registered Dietitian Nutritionist (RDN), completed her bachelor's in nutrition at Penn State University, dietetic internship at Cornell University, and master's in health education at UNM. She loves to show people how to use seasonal produce in tasty, accessible, and easy ways.

### Meals on Wheels: Field Trip 125

Sauna Frost

**Tuesday**                      **Apr 11**                      **11:00 - 1:00**  
**Fee: \$20**     **Meals On Wheels**

Meals on Wheels of Albuquerque has been serving well-balanced meals since 1972. Today, they deliver over 160,000 meals each year. See how a partnership between Presbyterian Hospital, Meals on Wheels, and 400 volunteers makes this possible. Attendees tour the kitchen and see what it takes to prepare and deliver 500 meals per day. Boxed lunch is provided by Meals on Wheels Catering, and a healthy cooking demonstration is presented by kitchen manager Robin Falconer. *Limited enrollment.*

Sauna Frost is the executive director for Meals on Wheels of Albuquerque, the only home-delivered



meal program for those requiring meals that meet special medical needs. She has held this position for more than eight years.

## HEALTH LECTURES

### Speaking the Unspeakable 126

Judi Marshall, Mary Cahalan, Michele Coleman

Friday Jan 13 10:00 - 11:30

Fee: \$10  Oasis

Back by popular demand! 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 your 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 80s, is a licensed social worker and former nun. She has volunteered in the Grandparents Raising Grandchildren program. Michele Coleman, PhD, in her 60s, 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 70s, is an ordained minister and licensed parent and family educator. These women are friends sharing this journey of aging together.

### Natural Remedies for Arthritis 127

Li Xu

Tuesday Jan 17 12:30 - 2:00

Fee: \$10  Oasis

There are more than 100 different forms of arthritis and related diseases that affect an esti-

mated 54.4 million adults in the United States. Li Xu shares natural remedies, such as acupuncture, acupressure, nutrition, and herbology to help relieve pain, stiffness, and swelling related to these issues.

Li Xu holds a PhD in acupuncture, is a DOM (Doctor of Oriental Medicine), and is a certified functional medicine practitioner. She 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, functional medicine, and nutrition therapy.

### Superconscious Meditation: A Single Focus Meditation Practice 128

Rennie Maguire

Thursday Jan 19 10:00 - 11:30

Fee: \$10  Oasis

Having difficulty concentrating? Join us as we learn how to calm the mind and focus on just one thing. Discover the wonder of your breath and learn the art of witnessing, rather than attaching to your every thought. With time and practice, your ability to concentrate, make decisions, and feel contentment will improve exponentially. *Dress comfortably. A digital MP3 practice recording is included with this class.*

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.

## Strengthening Respiratory Muscles to Prevent Falls & Age Well 129

Janet Popp

Wednesday

Jan 25

10:00 - 11:30

Fee: \$10

 Oasis

Strong legs can help prevent a fall, but respiratory muscle strength can also bolster one's ability to decrease fall risk. Learn how the respiratory muscles contribute to your balance and steadiness of walking, as well as additional health benefits such as blood pressure management and reducing lower leg swelling. Discover what you can do to strengthen your respiratory and core muscles and learn specific breathing exercises. *Note: this follow-up to Janet Popp's summer of 2022 presentation contains new content with a stronger focus on breathing exercises.*

Janet Popp, PT, MS, is a physical therapist, gerontologist, and service provider in the NM Developmental Disability Waiver Program. She chairs the New Mexico Adult Falls Prevention Coalition and is a member of a research team implementing a falls prevention program at the Pueblo of Zuni.

## UNM Orthopaedic Tour & Lecture: When to Pull the Trigger 130

Meghan Whitmarsh-Brown

Wednesday

Feb 1

12:30 - 2:00

Fee: \$15

 UNM Ortho in Rio Rancho

Your hip or knee has been bothering you for a while. You've talked to your neighbor, friend, or brother who have all had joint replacement, but you're still not sure if it's the right time for you to consider surgery. In this class, surgeon Meghan Whitmarsh-Brown discusses the science and art of knowing when to say yes to joint replacement, along with other management options available for chronic joint pain.

The tour at UNM's Ortho Center in Rio Rancho consists of visiting multiple labs on site. Visit the fully functional Tissue Engineering Lab, a cadaver lab, and 3D printing room where additive printing is performed. In addition, see the state-of-the-art rehab area, including a treadmill in the pool along with cameras so patients can be assessed underwater. Finally, visit the Activities of Daily Life lab where patients practice home activities. *Limited enrollment.*

Meghan Whitmarsh-Brown, MD, is an assistant professor of Orthopaedics at UNM School of Medicine. She is a fellowship-trained orthopaedic surgeon specializing in hip and knee replacement and value-based healthcare. She practices at UNM Sandoval Regional Medical Center and UNM Center of Excellence for Orthopaedic Surgery in Rio Rancho.

## Can We Improve Cognition As We Age? 131

Janice Knoefel

Tuesday

Feb 14

12:30 - 2:00

Fee: \$10

 Oasis

As we age, our brains change, sometimes for the better, sometimes not. Is there something we can do to preserve, or even improve, our minds as we age? The answer is yes. Find out about proven, medically accepted ways to stack the odds in favor of preserving, and even enhancing, our cognitive and physical health as we age.

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

**Aging Mastery Program®** **132**  
**Wednesdays Feb 15 - Apr 19 1:00 - 3:00**  
**Fee: \$25 10 sessions Oasis**

The Aging Mastery Program® (AMP) is a 10-session program designed to empower you to make and maintain small but impactful changes in your life. It incorporates evidence-based materials, expert speakers, group discussion, and peer support to give you the skills and tools you need to achieve measurable improvements in managing health, enhancing well-being, remaining economically secure, and increasing societal participation. Each class covers a different topic in aging well. Topics range from exercise, healthy eating, finances, and living wills to 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.*

**Do Our Feet Wear Out?** **133**  
**Janet Simon**  
**Wednesday Feb 22 10:30 - 12:00**  
**Fee: \$10 Oasis**



Feet are engineering marvels that come in a variety of models – some better than others. Learn why and how feet become ‘worn out’ and the ways to relieve the pain and dysfunction that often accompany this process of long term use.

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

**What’s the Matter with My Bladder?** **134**  
**Renai Gallagher**  
**Monday Feb 27 12:30 - 2:00**  
**Fee: \$10 Oasis**

Is your bladder running the show? Do you know where all the best bathrooms are located? Do you get up more than once at night to go? When you cough or sneeze, do you leak a little? If so, there are simple strategies to manage these issues. Bladder control problems are remarkably common but rarely discussed. Gallagher provides valuable strategies, tips, and exercises to effectively tame your bladder.

Renai Gallagher, PT, DPT, LMT, CAPP-Pelvic, has been a physical therapist for 25 years. She holds a doctorate in physical therapy and is a certified pelvic health specialist in private practice. She is an associate faculty member at the UNM Health Sciences Center Division of Physical Therapy and teaches gender health. Throughout her career, she has presented numerous lectures on pelvic floor dysfunction to healthcare providers and community members.

## Falls Prevention Basics

135

Mykel Kirkpatrick

Tuesday

Feb 28

2:30 - 4:00

Fee: \$5

 Oasis

Falls are increasingly common with age and can have severe consequences. Fortunately, most falls are preventable. Learn what your risk factors are for a fall, how to modify them to maintain your independence, and what resources are available for continuing a healthy and active lifestyle.

Mykel Kirkpatrick is the community outreach coordinator for the Optum New Mexico Community Center. She is a licensed physical therapy assistant with a degree from CNM. Her background is in falls prevention, as well as vestibular, orthopedic, and neuromuscular rehabilitation. She is passionate about health and wellness, education, and preventive care in the New Mexico community.

## Nutrition for Brain Health

136

Renee Euler

Monday

Mar 6

12:30 - 2:00

Fee: \$10

 Oasis



Join Renee Euler as she reviews dietary patterns that nourish the health of the aging brain and have been associated with a reduced risk of age-related cognitive decline. Discover which

foods to include in your diet and which to limit, as well as tips for meal planning, cooking, and recipes.

*See bio in class #123.*

## A Matter of Balance

137

Tue & Thu

Mar 28 - Apr 20

10:00 - 12:00

Fee: Free

8 sessions

 Oasis

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-session, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (#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.*

## Geriatric Assessment

138

Andrea Lill

Monday

Mar 20

12:30-2:00

Fee: \$10

 Oasis

A geriatric assessment is a helpful tool for assessing quality of life for older adults, and it can help determine the next steps in a course of treatment and in life. In this class, learn all about what goes into a geriatric assessment and how one can help you or someone you love.

Andrea Lill, MD, is a geriatrician in Albuquerque and is affiliated with UNMH and Truman Health Services. She received her medical degree from the University of Alabama School of Medicine and has been in practice for more than 20 years.



## Hands-Only CPR & AED Use with Resuscitation Rangers 139

*Resuscitation Rangers*

**Thursday Mar 30 2:30 - 4:00**  
**Fee: \$5** 

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.*

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.

## Why Do My Hands Hurt? 140

*Patricia Siegel*

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

Do your thumbs hurt? Do your hands wake you up at night or prevent you from completing activities? Hand pain is common in people over 40, but there are evidence-based methods to prevent injury and treat pain from common hand problems. Join Patricia Siegel and two UNM occupational therapy graduate students to recognize common hand disorders and discover techniques for protecting and strengthening your hands.

Patricia (Trish) Siegel, Licensed Doctor of Occupational Therapy and Certified Hand Therapist,

is an assistant professor at UNM's Occupational Therapy graduate program. She has extensive experience in hand therapy, and she teaches and conducts research in the area of orthopaedics and hand therapy. Siegel co-authored the American Occupational Therapy Association practice guidelines on rheumatic disorders, as well as a chapter on the wrist and hand in the *Handbook of Physical Medicine and Rehabilitation*.

## Advanced Therapies for Chronic Pain 141

*Nels Dahlgren*

**Wednesday Apr 19 10:00 - 11:30**  
**Fee: \$10** 

Between stories of friends or relatives who wished they had not undergone surgery because of lasting pain and news reports about the ongoing opioid epidemic, many do not believe there are safe, effective solutions for their chronic pain. Join us for a review of the continuum of interventional pain treatment options and a discussion about the safety and efficacy of treatments further along the continuum.

Nels Dahlgren, MD, is board certified in anesthesia, interventional pain medicine, and addiction medicine. His primary focus is comprehensive pain medicine where he treats patients with anything from post surgical pain up to and including complex chronic pain syndromes and cancer-related pain issues. He practices at Sandoval Regional Medical Center in Rio Rancho.

## Community Conversation Around Care ZOOM 142

*Erin Tarica*

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

Family caregivers are the invisible backbone of health and social systems in our society, providing

essential care to loved ones. While it may feel like it, you are not alone. Join this conversation as we talk about how caregiving affects you, those you know, and the bigger picture of how care works in our society. *Limited Enrollment.*

Erin Tarica, LCSW has a MA in Jewish Communal Service. She has over twenty years of experience working in the field of aging, social services, and program development. As a caregiver for family members, she understands the complexity, struggle, and beauty of providing care for loved ones. Tarica is the founder and executive director of the Family Caregiver Center of New Mexico.

## HISTORY & CULTURE

### English Travelers in the 18th Century

Charles Steen


**Monday** **Jan 23** **10:00 - 11:30**  
**Fee: \$10**  **Oasis**

Charlie Steen uses journals and traveler's memoirs for this presentation. Despite the dangers of poor roads, miserable inns, and frequent episodes of violence, a large number of English ventured to the continent on the Grand Tour or just for personal and professional travel. A significant number of women, headed by Lady Mary Wortley Montagu and Mary Wollstonecraft, joined people like Boswell, Sterne, Gibbon, and Young as travelers. They all left us accounts that tell us much about the century.

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 *A Cultural History of Early Modern Europe*. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

### Continental Travelers in Eighteenth Century Europe 144

Charles Steen

**Monday** **Feb 6** **10:00 - 11:30**  
**Fee: \$10**  **Oasis**

The lure of being in new lands attracted people for a variety of reasons. Voltaire went to England to avoid persecution, and Montesquieu visited lands to explore variations in law. De Brosse went to Italy to see the past, while Goethe traveled for pleasure. Schiller and Herder visited France to examine new ideas and architecture, but disliked both. Casanova traveled to other lands to peddle fraudulent schemes while pursuing women. Hear the wonderful accounts of these travelers.

*See bio in class #143.*

### The Demise of the Soviet Union 145

Bruce Held


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

In America, there are two competing explanations for the demise of the Soviet Union – often politically motivated – one which emphasizes the role of Ronald Reagan and one which emphasizes the role of Mikhail Gorbachev. As a young CIA officer, Bruce Held had a ringside seat on key events. In this presentation, Held provides an objective, first-hand account of what actually happened.

Bruce Held was Associate Deputy Secretary of Energy and Acting Undersecretary for Nuclear Security during 2013-2014. Earlier, Bruce served three decades as a CIA clandestine operations officer, including three tours as a CIA Chief of Station. He received the CIA Intelligence Commendation Medal for “tenacity and extraordinary accomplishments during a period of hostilities.” On [bruceheld.substack.com](http://bruceheld.substack.com) you can find Bruce's *A Spy's Guide to American History*.

## Witness to Pogroms: Ukraine 1917-1921 146

Michael Nutkiewicz

Thursday Feb 16 10:00 - 11:30  
Fee: \$10 

## Witness to Pogroms: Ukraine 1917-1921 ZOOM 147

Michael Nutkiewicz


Thursday Feb 16 10:00 - 11:30  
Fee: \$10 



Photo Credit  
Michael Nutkiewicz

The Russian Civil War (1917-1921) was fought among Russians, Ukrainians, Poles, and Germans, and transformed Eastern Europe. Horrific pogroms against Jews were perpetrated by all sides. Michael Nutkiewicz's uncle, Eli Gumener, was a Jewish aid worker in Ukraine during the war.

Gumener's memoir, originally published in 1921, and newly translated by Nutkiewicz, recounts the dislocations and violence, and the complications of bringing relief to the victims. The geo-political consequences of this war can be seen in today's conflicts.

Michael Nutkiewicz taught Jewish history at UNM. He directed the Los Angeles Museum of the Holocaust, was senior historian at the Survivors of the Shoah Visual History Foundation, led the Program for Torture Victims in Los Angeles, and managed the refugee resettlement program at Catholic Charities New Mexico. He was director of Oasis Albuquerque from 2010-2014. Nutkiewicz's translation of Gumener's memoir, *A Ukrainian Chapter: A Jewish Aid Worker's Memoir of Sorrow*, was published in 2022.

## The Two Harriets: Tubman & Beecher Stowe ZOOM 148

Richard Bell

Wednesday Mar 1 12:30 - 2:00  
Fee: \$10 

"So you're the little lady who started this great war!" said President Abraham Lincoln in the fall of 1862 when he finally met Harriet Beecher Stowe, the author of the blockbuster antislavery novel *Uncle Tom's Cabin*. But Lincoln might just have well have been talking to and about Harriet Tubman, the most famous conductor on America's Underground Railroad. Both women's extraordinary activism advanced the fight against slavery and edged this country closer to the Civil War.

See bio in class #112.

## UFO Burn Victim Case - Hobbs, New Mexico 1964 149

David Marler

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

During a wave of UFO sightings in New Mexico in 1964, one of the most incredible accounts occurred in the city of Hobbs. This involved the sighting of a UFO by an eight-year-old boy who was burned. After 58 years, this case is finally seeing the light of day. Learn that this was just one in a series of similar events that played out across the US in 1964.

David Marler has had a lifelong interest in UFOs and is an independent UFO researcher. He strives to have an open mind when it comes to the UFO phenomenon, as well as the need for skepticism when examining an individual UFO report. Marler has assisted in the production of UFO documentaries for the History, Learning, Discovery, Science,

and Smithsonian TV channels. He received his BS in psychology from Southern Illinois University-Edwardsville.

### **The Celtic Diaspora: From Poverty to Prosperity** 150

*Maya Sutton*

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

People from Ireland, Scotland, and Wales experienced forced and voluntary emigration to other parts of the British Empire. Since 1800, millions of Celts left their homelands. Many were forced out by political and religious oppression. Others fled poverty and famine, and some were shipped off due to crimes under British rule. How did these Celts survive and prosper?

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She is a dual citizen of the Republic of Ireland and the United States. She taught courses in Celtic mythology and history at UNM. Her Celtic courses emphasize her personal experience with each area, including access to authors, archives, and adventures. Dr. Sutton is a living part of the Celtic Diaspora.

### **Origins of the Celts** 151

*Maya Sutton*

**Friday**                      **Mar 17**                      **10:00 - 11:30**  
**Fee: \$10**     **Oasis**

Did you know that DNA traces the origin of European Celts back to what today is Ukraine? About 3500 BCE, horse-based peoples from north of the Black Sea started moving west and eventually spread their culture throughout Europe. Maya Sutton follows their migration, their art, social classes, burial practices, and language patterns.

*See bio in class #150.*

### **The British Mission to Los Alamos** **ZOOM**

**152**

*Alan Brady Carr*

**Wednesday**                      **Mar 22**                      **10:00 - 11:30**  
**Fee: \$10**     **Zoom**



The Manhattan Project was an enormous national effort, but it is often forgotten that many foreign-born scientists played vital roles. In particular, the United Kingdom greatly assisted the United States in developing nuclear weapons during World War II. We examine key British contributions to the Manhattan Project, especially the valuable efforts of two dozen scientists who came by way of Britain to work at Los Alamos.

Alan Carr currently serves as a program manager and the senior historian for Los Alamos National Laboratory. During his tenure as a laboratory historian, Carr produced several publications and lectures pertaining to the Manhattan Project, nuclear testing history, and the historical evolution of LANL. Carr completed his graduate studies at Texas Tech University.

### **Labyrinths: The History & The Mystery**

**153**

*Jane Westbrook*

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

Labyrinths, in many different styles and designs, are found in every culture and society, some dat-




ing back 5000 years. How they were used in ancient times is mostly mysterious. There has been a revived interest in labyrinths and more than 5000 labyrinths have been created around the world. Take a pictorial and historical tour of labyrinths both ancient and contemporary with an optional field trip immediately following class to experience three of the 20+ Albuquerque labyrinths. *Directions to the optional field trip will be provided in the class.*

Jane Westbrook is a labyrinth builder, educator and facilitator who trained at the most famous of all labyrinths—the 12th century cathedral in Chartres, France. She leads retreats and workshops on the uses and value of walking labyrinths. Additionally, Westbrook is an avid storyteller who creates and facilitates storytelling events around the city. She also enjoys coaching amateur storytellers.

**Book of Kells: Ireland’s National Treasure**
154


*Timothy Graham*

Monday
Mar 27
12:30 - 2:00
 Oasis

Fee: \$10

**Book of Kells: Ireland’s National Treasure ZOOM**
155

*Timothy Graham*

Monday
Mar 27
12:30 - 2:00
 Zoom

Fee: \$10


One of the most beautiful artifacts ever made, the *Book of Kells* is revered throughout the Celtic world. Each year, it draws many thousands of visitors to its home in Dublin. We explore every facet of the book’s mystique, from its supposed creation by St. Columba to its rescue from an Irish peat bog and its inspection by Queen Victoria. Could it be, as one medieval author put it, “the work, not of men, but of angels”?

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.

**The Secret History of Codes and Codebreaking**
156

*Caleb Richardson*

Thursday
Apr 6
10:00-11:30
 Oasis


Fee: \$10

For as long as humans have been communicating, they have been communicating secretly. In this class, explore the history of secret codes from ancient times to the present. Learn and practice some of the basic methods of code-making and code-breaking. Explore some of the ways that secret codes still govern our lives today.

Caleb Richardson is Associate Professor of History and the Associate Chair of the History Department at UNM. 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.

**Armored Juggernauts**
157

*Richard Field*

Saturday
Apr 15
10:00 - 11:30
 Oasis

Fee: \$10

Tank warfare! Follow the evolution of armored warfare in the European Theater in World War II. While focusing on the major battles of the war and

the role tanks played, we will consider battles such as the Battle of France, Kursk, and Kasserine Pass. We also briefly touch on anti-tank warfare in this period.

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

### **Globalization & Liberal Democracy Reconsidered** 158

George Ovitt

**Thursday Apr 20 2:30 - 4:00**  
**Fee: \$10**  **Oasis**

In 1989, Francis Fukuyama published an article, "The End of History", arguing that with the demise of the Soviet Union, the ideological struggle between West and East had ended and only one form—market capitalism—would prevail. The triumph of the West was greeted by liberals and conservatives with exuberant self-confidence. Globalization, neo-liberalism, and liberal democracy—following the American model—would triumph. This lecture dissects these claims, examines their strange hold over American politics, and offers an explanation for their (not surprising) emptiness.

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.

## **LITERATURE**

### **The Grapes of Roth: Three Literary Giants (Joseph, Henry, and Philip Roth) ZOOM** 159

Jack Shlachter

**Tuesday Jan 24 12:30 - 2:00**  
**Fee: \$10**  **Zoom**

Three remarkable writers, Joseph Roth, Henry Roth, and Philip Roth, share a common last name and were colorful characters whose award-winning works are classics. Joseph (1894-1939) was a successful journalist and novelist; Henry (1906-1995) lived in Albuquerque for the last years of his life; Philip (1933-2018) is arguably the best known of the three. Learn some biographical details about them and listen to selected passages from their works.

Jack Shlachter is a physicist who spent most of his career at Los Alamos National Laboratory. In parallel, Jack is an ordained rabbi. He has led congregations in Center Moriches, NY, Los Alamos, and Santa Fe, and he has also provided itinerant rabbinic support to far-flung Jewish communities including those in Vienna, Austria, and Beijing, China. Jack is a bibliophile with a personal library comprised of nearly 7,000 volumes.



**Austin Book Group****160***Mary Bibeau***Tuesdays****Jan 10 - Apr 11****1:30 - 3:00****Fee: \$10****4 sessions** **Oasis**

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: January 10 - *American Nations: A History of the Eleven Rival Regional Cultures of North America* by Colin Woodard; February 14 - *A Play for the End of the World* by Jai Chakrabarti; March 14 - *The Sea Before Us* by Sarah Sundin; and April 11 - *The Four Winds* by Kristin Hannah. *Limited enrollment.*

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

**Summit Book Group****161***Merrie Courtright***Tuesdays****Jan 17 - Apr 18****11:00 - 12:30****Fee: \$10****4 sessions** **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: January 17 - *Running with Sherman: The Donkey with the Heart of a Hero* by Christopher McDougall; February 21 - *Unsettled: What Climate Science Tells Us, What It Doesn't, and Why It Matters* by Steven E. Koonin; March 21 - *Blind Your Ponies* by Stanley Gordon West; and April 18 - *Hard Country* by Michael McGarrity. *Limited enrollment.*

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

**Holmes Book Group ZOOM****162***Betty Whiton & Mary Tabor***Tuesdays****Jan 17 - Apr 18****1:00 - 2:30****Fee: \$10****4 sessions** **Zoom**

The Holmes Book Group meets on the third Tuesday of every month. Book selections are: January 17 - *My Life in France* by Alex Prud'home and Julia Child; February 21 - *Cloud Cuckoo Land* by Anthony Doerr; March 21 - *Good Talk, A Memoir in Conversations* by Mira Jacob; and April 18 - *The Love of My Life* by Rosie Walsh. *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.

**West Mesa Book Group****163***Linda Irene Castagneri & Mary Herrmann Hughes***Wednesdays****Jan 18 - Apr 19****1:30 - 3:00****Fee: \$10 4 sessions**  **Open Space Visitor Center**

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: January 18 - *Horse* by Geraldine Brooks; February 15 - *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness* by Sy Montgomery; March 15 - *The Handmaid's Tale* by Margaret Atwood; April 19 - *Trust* by Hernan Diaz. *Limited enrollment.*

Linda Castagneri, a retired USPS senior manager, values dynamic discussion and the timeless lessons of books. Mary Herrmann Hughes is a strong reading advocate and has been a member of the West Mesa Book Group for more than 10 years.

## MUSIC

### Singing the Show Tunes

164

Irma Reeder &amp; Scott Hooker

Tuesdays Jan 17 - Apr 18 10:15 - 11:45

Fee: \$65 13 sessions  Oasis

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. We will be learning new songs and renewing old friendships. There will be three performances off-site at the end of the semester (4/4, 4/11 and 4/18 ) 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. No class February 28.*

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!

*See also: TV Show Themes: Genius in 60 Seconds or Less ZOOM (class #119) with Jane Ellen*

### Hopelessly Devoted to Olivia Newton-John ZOOM

165

Jane Ellen

Thursday Jan 26 12:30 - 2:30

Fee: \$10  Zoom

Singer, actor, and activist Olivia Newton-John (1948-2022) enjoyed a career spanning nearly six decades. Born in England, Olivia's family immigrated to Australia when she was only five. As a vocalist Newton-John sold over 100 million albums, but many remember her from her film roles

including *Grease* (1978) and *Xanadu* (1980). The singer fought breast cancer three times, becoming an advocate for breast cancer research. She was also an activist for animal rights and environmental causes.


*See bio in class #119.*

### Michael McDonald: Sweet Freedom ZOOM

166

Jane Ellen

Monday Jan 30 10:00 - 12:00

Fee: \$10  Zoom

Grammy Award winner Michael McDonald (1952-) was inducted into the Rock and Roll Hall of Fame in 2020 as a member of the Doobie Brothers, but that's only the beginning of his story. Famous for his work with the Doobies, Steely Dan, Kenny Loggins, and many others, McDonald also forged a successful solo career as a singer of blue-eyed soul and yacht rock beginning with his debut album *If That's What It Takes* in 1982.

*See bio in class #119.*

### The 5th Dimension: One Less Bell to Answer ZOOM

167

Jane Ellen

Tuesday Feb 7 12:30 - 2:30

Fee: \$10  Zoom


Between 1967-73, the original members of The 5th Dimension (Lamonte McLemore, Marilyn McCoo, Florence LaRue, Ronald Townson, and Billy Davis Jr.) scored 20 Top 40 Billboard hits, including "Up, Up, and Away" and a medley from the Broadway musical *Hair*. The group had more success with the songs of Laura Nyro than Nyro herself ("Stoned Soul Picnic" and "Wedding Bell Blues") and also recorded songs by Burt Bacharach, Hal David, and Jimmy Webb.



See bio in class #119.

## Earth, Wind & Fire: 50+ Years of Jazz, Funk, and Universal Love ZOOM 168

Jane Ellen

**Friday** **Feb 17** **10:00 - 12:00**  
**Fee: \$10**  Zoom

When Earth, Wind & Fire began in 1969, founder Maurice White (1941-2016) sought to bring about a synthesis of musical styles with popular appeal. The group combined virtuosic skill, musical eclecticism, and multicultural spiritualism. The result was a new sound combining jazz, R&B, funk, soul, gospel, blues, rock, and pop. At one point they were arguably the biggest Black rock band in the world, with Top 10 singles such as "Shining Star" and "After the Love Is Gone."

See bio in class #119.

## Mardi Gras History: Laissez Les Bon Temps Rouler! ZOOM 169

Jane Ellen

**Tuesday** **Feb 21** **12:30 - 2:30**  
**Fee: \$10**  Zoom

Celebrate the fun of a New Orleans Mardi Gras from the comfort of your home, via Zoom! The origins of this annual festival can be traced through Rome, Venice, and France, before spreading to colonies in the new world. Jane Ellen examines the history, the customs, the sights and sounds, the music, the lingo, and the obligatory Krewe favors. No long-distance tickets required; costumes and chair dancing optional.

See bio in class #119.

## Musical Prodigy Hazel Scott ZOOM 170

Jane Ellen

**Monday** **Feb 27** **10:00 - 12:00**  
**Fee: \$10**  Zoom



Hazel Scott (1920-81) was born in Trinidad, moved to New York City at the age of four, and by the age of eight she had earned a special scholarship from the Juilliard School. She flourished as a jazz singer and classical pianist, able to combine both styles of music at the keyboard. After a short but significant film career, Scott became the first Black performer to host her own nationally syndicated television show.

See bio in class #119.

## Franz Liszt: World's First Rock Star ZOOM 171

Jane Ellen

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

Franz Liszt (1811-86) was a virtuoso pianist, as well as a friend, musical promoter, and benefactor to many composers of his time. As a composer he was prolific, leaving behind a diverse body of work that anticipated 20th century ideas and trends. Some of his compositions are programmatic, based on artistic or literary inspiration; he is credited with the cre-

ation of the symphonic poem. Among his best known works are the Hungarian Rhapsodies and the “Piano Sonata in B Minor.”

*See bio in class #119.*

### Tanya Tucker: Strong Enough to Bend ZOOM 172

Jane Ellen

**Monday** **Mar 6** **10:00 - 12:00**  
**Fee: \$10**  Zoom

Tanya Tucker (1958- ) had her first hit single, “Delta Dawn” in 1972 when she was 13 years old. The transition between youthful performer and mature singer-songwriter was a difficult and winding road, and yet Tucker managed the adjustment successfully without losing her fans along the way. She has recorded more than two dozen albums, picked up a couple of Grammy Awards, and was named one of the 100 Greatest Country Artists of All Time in 2017.

*See bio in class #119.*

### Crosby, Stills, Nash (& Young): Our House ZOOM 173

Jane Ellen

**Thursday** **Mar 23** **12:30 - 2:30**  
**Fee: \$10**  Zoom

Folk rock supergroup Crosby, Stills, and Nash (CSN) worked as a trio before, and after, they were joined by Neil Young adding a fourth letter to their name (CSNY). Formed by American songwriters David Crosby and Stephen Stills, along with English songwriter Graham Nash, the group was as widely known for their intricate vocal harmonies as for their personal bickering. Today they are remembered for such hits as “Teach Your Children,” “Suite: Judy Blue Eyes,” and “Marrakesh Express.”

*See bio in class #119.*

### Mr. Blue Sky: The Story of Electric Light Orchestra ZOOM 174

Jane Ellen

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

Electric Light Orchestra (ELO) was born from the joint desires of songwriters and multi-instrumentalists Jeff Lynne (1947- ) and Roy Wood (1946- ) to create modern pop rock songs with classical overtones. During the 1970s and 80s, this English band released a string of top 10 albums and singles, including their most commercially successful album, *Out of the Blue* (1977). Their on-again, off-again career includes the hits “Mr. Blue Sky,” “Evil Woman,” “Do Ya,” and “Don’t Bring Me Down.”

*See bio in class #119.*

### Robertson & Sons Violin Shop Tour 175

Barbara Barber

**Thursday** **Apr 13** **1:00 - 2:00**  
**Fee: \$15**  Robertson Violins



Tour Robertson & Sons Violin Shop, established in 1971 by Don Robertson. The store is the premier source for bowed string instruments in the US. The 20,000-square-foot business encompasses a large repair and restoration workshop, new instrument production workshop, concert hall, three instrument showrooms, nationwide rental department,

accessories, and sheet music. This family-owned business is known throughout the US and beyond for its fine string instruments for professionals, educators, students, and collectors. *Limited enrollment.*

Barbara Barber is internationally known as a violinist, pedagogue and author. She has appeared throughout the Americas, Europe, Asia, Australia, and New Zealand and held faculty positions at Texas Tech University, Texas Christian University, and CU Boulder. Her 30 books and CDs are distributed by Alfred Music. She joined the sales team of Robertson's in 2014 where she also presents concerts, master classes and pedagogy seminars. Barbara plays with the Santa Fe Symphony and New Mexico Philharmonic.

### Emerson, Lake, & Palmer: Progressive Rock Supergroup ZOOM 176

Jane Ellen

Friday Apr 14 10:00 - 12:00  
 Fee: \$10  Zoom

Keyboardist Keith Emerson (1944-2016), guitarist Greg Lake (1947-2016), and percussionist Carl Palmer (1950- ) came together in 1970 to become one of the most popular and commercially successful English progressive rock bands in the 1970s. Represented by such classical crossovers as *Pictures at an Exhibition* (1971), and Emerson's classical piano concerto on *Works Volume 1* (1977), Emerson, Lake, and Palmer also had success with such albums as *Tarkus* (1971) and *Brain Salad Surgery* (1973).

See bio in class #119.

## PERFORMANCES

### Oldies But Goodies Sing-Along 177

Dick Neuman


Friday Jan 27 2:00 - 3:30  
 Fee: \$12  Oasis



Photo Credit Dick Neuman


Join Banjos Etc. for a fun Friday concert and sing-along. This is your chance to relive those carefree days of old while singing your favorite songs that everyone knows like "Won't You Come Home, Bill Bailey," "Ain't She Sweet," "Side by Side," and many more. You'll be smiling, dancing, and tapping your toes before you know it. Song lyrics will be provided so you can sing along.

Four members of Banjos Etc. provide the

music, including Dick Neuman and Wayne Shrubsall on banjo, Vickye Blatherwick on honky tonk piano, and Mark Weaver on tuba. These musicians all belong to the Rio Grande Jazz Society.

## **Mardi Gras With Flambeaux: Performance 178**

*Robert Gusch*

**Friday Feb 24 2:00 - 3:30**  
**Fee: \$12**  **Oasis**




*Photo Credit Roger Baker*

Mardi Gras, here we come! Flambeaux takes you down to the Big Easy without leaving New Mexico. Traditional New Orleans jazz is on the menu to spice up this Friday afternoon event as well as the funky sounds of the second line -- those who follow the band just to enjoy the music -- that will make you move your bones. Come and get your toes a-tapping!

Bob Gusch on clarinet wails as Micah Hood lays down the melody on his trombone. Mark Weaver on tuba cooks up some bass lines that will keep your party at the right temperature. Award-winning Wayne Shrubsall on banjo illustrates the depth of this musical style.

## **St. Patrick's Day Music: Performance 179**

*Irma & Scott Reeder*

**Friday Mar 17 2:00 - 3:30**  
**Fee: \$12**  **Oasis**



*Photo Credit Irma Reeder*

Wear your green (or your plaid) and celebrate St. Patrick's Day with some Irish music. Listen to a concert of haunting airs, music with roots in the Celtic heart of the British Isles, jigs, reels, and sing-alongs! Husband and wife duo, Scott and Irma Reeder, are accomplished singers and play many instruments, including those they'll be sharing today: Celtic harp, mountain and hammered dulcimers, guitars, bowed psaltery, Irish whistles, Renaissance recorders, and bodhrán (Irish frame drum).

Irma and Scott Reeder have each performed with numerous chorales, bands, and ensembles. Irma has performed with light opera and opera companies and has directed instrumental and choral music since she was a teen. She is the current Oasis Show Tunes Chorus Director. Together they have won many awards and their albums have listeners in 89 countries on six continents. They are past directors of the Albuquerque



Folk Festival, co-founded the New Mexico Dulcimer Festival, perform in various venues, and teach a number of instruments.

## Bach Lecture & Recital 180

Barbara Barber

Thursday Mar 30 10:00 - 11:30  
 Fee: \$12  Robertson Violins



Photo Credit Robertson & Sons Violin Shop Inc.

The “Chaconne” by J.S. Bach is one of the world’s greatest artistic achievements. Violinist Barbara Barber will present a lecture recital, exploring the life of Bach and his immense

musical output, then performing this monumental piece – the final movement of his “Partita No. 2 in D Minor”. Written in 3 and 4 voices for one violin with 4 strings, to be played by one violinist with 4 fingers and a bow, Bach delves into every capability of the violin with endless invention. Barber puts the Chaconne into musical, historical and spiritual perspective. Bach’s deep faith and respect for the music and traditions of the Lutheran Church, coupled with his seemingly limitless musical imagination resulted in 13 minutes of some of the most profound music ever written.

See bio in class #175.

## All About the Twang with The Merlettes: Performance 181

Kristina Jacobsen


Friday Apr 14 2:00 - 3:30  
 Fee: \$12  Oasis



Photo Credit Kristina Jacobsen

The Merlettes, a Merle Haggard inspired, feminist honky-tonk band, formed in 2016. Featuring the tunes of Merle Haggard, Loretta Lynn, Kitty Wells, and Tammy Wynette, along with Jacobsen originals in a classic Country & Western vein, they’ll have you on the dance floor one minute and crying in your beer the next. Their air-tight, high lonesome harmonies captivate the ear and the heart as they celebrate the strength of our connections and the gritty twang of the human spirit.

Merlettes are all about the twang. And the musicians: five sassy, up-to-date honky-tonk crackerjacks fronted by vocalist Kristina Jacobsen on rhythm and lapsteel guitars, with fiddle leads (Dair Obenshain), a slap-happy upright bassist (Laura Leach-Devlin), soaring harmonies (Meredith Wilder), and a deep-pocketed drummer (Sharon Eldridge). They are a local NM favorite.

## Oasis Entertainers: Performance

182


*Irma Reeder & Scott Hooker*

Friday

Apr 21

2:00 - 3:00

Fee: \$10

 Oasis



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 trimester's musical adventure!

See bios in class #164.

## PERSONAL ENRICHMENT

### Free Write: A Creative Writing Workshop

183

*Irene Newlon*

Mondays

Jan 23 - Jan 30

10:00 - 12:00

Fee: \$18

2 sessions

 Oasis

Back by popular demand! Free Write is a creative writing workshop for those who want to express themselves through stories and short essays. Over the course of two sessions, Irene Newlon offers participants two topics or prompts per session. Participants are then asked to write freely for approximately 15-20 minutes for each topic. Write whatever comes to mind, with no regard to spelling or editing. Participants then have the option to share and read aloud their creations. *Limited enrollment.*

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

### Storytelling

184

*Jane Westbrook*

Fridays

Mar 24 - Apr 14

10:00 - 11:30

Fee: \$35

4 sessions

 Oasis

Telling stories, personal and mythological, is as old as humankind. It is the way we connect with and share our memories and thoughts with each other. Storytelling is how we make sense of the world, past, present and future. In this series we explore our memories and stories with the theme of "BEST DAY EVER", and craft them to be told in a class storytelling event in the final week of class. *Limited enrollment.*

See bio in class #153.

## Introduction to SoulCollage® 185

Irene Newlon & Meg Whittle

**Mondays Mar 27 - Apr 03 1:00 - 3:00**

**Fee: \$18 2 sessions Oasis**

SoulCollage® is a creative and fun process using your intuition, creativity, and imagination to create collaged cards from simple materials. This workshop is truly accessible to everyone, even those who believe they have no artistic ability. Your SoulCollage® card deck is yours! You can use your cards for simple daily reading, for asking deep life questions, and you can continue to make new cards. Your SoulCollage® card deck can aid you with recovery, advise you about life's challenging moments, and it can help you simply live your life! *All supplies included. Limited enrollment.*

Meg Whittle previously worked as director of web strategy for a large non-profit organization for 22 years. She holds a BFA in Architecture, and an MEd in Administration and Supervision. Whittle is a Certified SoulCollage® facilitator. Irene Newlon is the former director of several non-profits and has been a consultant, trainer, and facilitator. She has a bachelor's degree in English and a master's in sociology/education.

## Love and Asperger's: Jim and Mary's Excellent Adventure 186

Mary Johnson

**Monday Apr 3 10:00 - 11:30**

**Fee: \$10 Oasis**

After being diagnosed with Asperger's Syndrome in later life, Dr. Johnson's husband, Jim Hanks, felt great relief. He asked her to promise she'd write a book about their life together, so that others might realize that feeling "different" did not have to be so difficult. Her second book, *Love and Asperger's: Jim and Mary's Excellent Adventure*, ful-

filled her promise to him. Come and enjoy hearing Dr. Johnson's story as she shares their excellent adventure!

Mary Johnson, PhD, LPCC, is a graduate of University of Michigan-Dearborn and holds graduate degrees from UNM. A semi-retired counselor, she's published *A Caregiver's Guide: Insights into the Later Years* and is working on a memoir about her dad, *Wash Your Face with Cold Water*. She is a member of the American Counseling Association, American Psychological Association, the South-West Writers and a lifetime member of Psi Chi (international honor society in psychology).

## Memoir Writing: How to Tell Your Story 187

Norma Libman

**Tuesday Apr 4 12:30 - 2:30**

**Fee: \$15 Oasis**



Everyone has a story to tell, and now is the time to tell yours. Learn how to retrieve memories you thought were forgotten, how to get them written down, and how to organize them into your own life story. You will have written a start to your memoir when the workshop is over. *Bring paper and pen for writing exercises. Limited enrollment.*

Norma Libman has taught writing, literature, and humanities in Chicago and now leads workshops

throughout New Mexico. A freelance journalist with degrees in education and literature from Northeastern Illinois University, she has had more than 500 articles published in newspapers nationwide and is the author of the award-winning *Lonely River Village: A Novel of Secret Stories*.

## PHILOSOPHY, RELIGION, & SPIRITUALITY

### Tour & Meditation: Field Trip to Kadampa Meditation Center 188

*Gen Khyenwang*

**Wednesday Jan 18 1:00 - 3:00**  
**Fee: \$15**  **Kadampa Meditation Center**



Through meditation learn how to deal with the busy, worrisome thoughts that seem to appear from nowhere and that can build up, adding stress and tension. By developing our concentration in meditation, we can learn how to manage these thoughts and approach our day, work, and relationships with a sense of peace and relaxation. Everyone is welcome; no experience necessary, just a wish for a more relaxed, peaceful mind. After the meditation session you are invited to take a guided tour of the Kadampa Meditation Center. *Limited enrollment.*

Gen Khyenwang is the resident teacher of Kadampa Meditation Center New Mexico. She is a close disciple and student of Venerable Geshe Kelsang Gyatso and has been practicing and teaching under his guidance for many years. The teachings she shares are clear, heartfelt and extremely practical for modern life.

### Touring the Holy of Holies 189

*Christopher Zugger*


**Thursday Jan 26 10:00 - 11:30**  
**Fee: \$10**  **Our Lady Of Perpetual Help Church**

Join us for a unique visit, exploring the religious significance of the art, physical layout, and spirituality of Orthodox and Byzantine Catholic church buildings. Included are the connection to the Temple in Jerusalem; theological interpretations; unpacking the meaning of traditional icons; historic items from Eastern Europe; and how Byzantine art can influence one's own spirituality. The tour includes explanations of how it is all used, with time for questions.

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.

### The Spiritual Journey of Frederick Buechner 190

*Frank Yates*

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


Frederick Buechner was a writer and a Presbyterian minister who saw the written word as his main form of ministry. In this lecture we examine



the art of spiritual autobiography. Buechner wrote about his life in the following works: *The Sacred Journey, Now and Then, Telling Secrets*, and his last autobiography, *The Eyes of the Heart*.

Rev. Dr. Frank Yates is the interim pastor at Shepherd of the Valley 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.

**Frederick Buechner’s *Telling the Truth: The Gospel as Tragedy, Comedy and Fairy Tale* 191**

Frank Yates  
**Wednesday Apr 12 10:00 - 11:30**  
**Fee: \$10**  **Oasis**

This lecture examines Frederick Buechner’s classic *Telling the Truth: The Gospel as Tragedy, Comedy and Fairy Tale*. Buechner takes these three literary forms and applies them to the story of Jesus, a story that includes tragedy, unexpected comedy, and fairy tale endings. Buechner’s artistry is on full display in this delightful book.

See bio in class #190.

**The Problem with Fairness 192**


Thomas Dhanens  
**Thursday Feb 23 10:00 - 11:30**  
**Fee: \$10**  **Oasis**

We learn the word ‘fair’ at an early age and we carry the idea throughout life. But it’s a vague, elusive ideal. Equality, reciprocity, compassion, law, etc. can all define fairness differently. What happens when different notions of fairness collide, when my ‘fairness’ doesn’t match yours? When we don’t get what we think we deserve? We all consider ourselves fair and we don’t believe we

deserve to be treated unfairly. Perceived unfairness is often the basis for political conflict. Do our rights, rewards, status, etc. match what we consider fair, or are we victims of unfairness?

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

**Making Socrates Relevant In Today’s World 193**

George Leone  
**Thursday Apr 13 2:30 - 4:00**  
**Fee: \$10**  **Oasis**

There are several parallels between Socrates’ time and ours. He faced a crisis in morality in Athens, the same as we face in our country today. In the political arena, he confronted the politicians because they had no regard for morality. He faced the assault on truth from his society. Today with all the social media and talk shows, can we tell true from false? The religious establishment challenged Socrates’ views on what to teach. Are we not facing the same?

George Leone has a life-long involvement with philosophy, leading to a master’s degree in philosophy and a master’s and doctorate in counseling. He has taught philosophy at two universities for a total of four years. During his 25 years of teaching in graduate counseling programs, he has found ways to incorporate philosophy into the counseling courses.

## SCIENCE, MATH & NATURE

### It Was a Great Idea, But... 194

David Crossley

Wednesday Feb 8 10:00 - 11:30  
Fee: \$10 Oasis

### It Was a Great Idea, But...ZOOM 195

David Crossley

Wednesday Feb 8 10:00 - 11:30  
Fee: \$10 Zoom

The history of invention and technology is littered with concepts and devices that seemed achievable but didn't make the grade. Inventors tried to violate the limits of physics, while others were ahead of their time. There are three types of these efforts: 1. Crackpot foolishness. 2. Fundamentally sound designs that had to wait decades for the needed implements. 3. Cutting edge ideas that were barely possible but actually worked. Crossley looks at overlooked examples of each.

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 and performed electronic warfare operations in five war zones with the Air Force out of Kirtland Air Force Base.

### Global Climate Changes During the Last Billion Years 196

Leslie McFadden

Wednesdays Feb 8 - Feb 15 12:30 - 2:00  
Fee: \$20 2 sessions Oasis

The Intergovernmental Panel on Climate Change has published six assessment reports since 1988, confirming the role of carbon dioxide (CO<sub>2</sub>) as a cause of greenhouse warming and ongoing global climate changes. Critics argue that because scientists have shown the earth's climate has changed

many times in the past, that human activity is an unlikely cause, or that climate changes are beneficial. In this two-part presentation, McFadden discusses the development of the science of "Paleoclimatology" and advances in the understanding of climate change and humanity's impacts.

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

### Penguins Plus Field Trip I 197

Lane Kirkpatrick

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




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.*

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*.

## Penguins Plus Field Trip 2 198


Lane Kirkpatrick

**Tuesday Feb 14 9:30 - 11:30**  
**Fee: \$18**  **Albuquerque Zoo**

See description and bio in class #197.

## Supermassive Black Holes & Exploding Stars 199

Len Duda

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

A black hole is a location in spacetime having gravity so extreme that no particles or even light can escape from it. Supermassive black holes are at the center of all galaxies, and smaller ones occur after the explosive end of massive stars. Astronomers have imaged large black holes. The presentation reviews what is known about black holes including how they form and how they are detected.

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.

## Grizzly Country ZOOM 200

Daryl Ratajczak

**Friday Feb 24 10:00 - 11:30**  
**Fee: \$10**  **Zoom**

Learn not only about brown bear biology and behavior but also about the dramatic and often controversial return of grizzlies to the lower 48 states. These lovable but immensely powerful creatures strike awe in anyone who beholds them. Although they often appear to be gentle giants when viewed from a distance, these beautiful and resilient creatures must be treated with respect.

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.

## Feline Behavior & Cat Communication 201

Adrianne Lommasson

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

Are you a cat person? Do you speak cat? Join Adrianne Lommasson from Animal Humane New Mexico to learn how cats communicate through their body language. She also dispels popular misconceptions about cats and offers suggestions for common cat behavioral issues.

Adrianne Lommasson is working towards her Certified Cat Behavior Consultant certification from the International Association of Animal Behavior Consultants. She currently works at Animal Humane NM as the cat programs manager. Her eight





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 #197.

## The Complete Geologic Story of Sandia Mountain 206

Dirk Van Hart

**Tuesday** **Mar 28** **12:30 - 2:00**  
**Fee: \$10** 



Photo Credit Dirk Van Hart

Retired geologist Dirk Van Hart discusses how Sandia Mountain was created, from its first 'baby steps' to the magnificent edifice we see today. Geared toward the non-geologist, the information presented is a compilation of more than a century of work regarding the Sandia Mountain geology. Van Hart guarantees that afterwards, you'll look at the mountain in a whole new way.

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. He has published a book about northwestern New Mexico and has given talks about the state's geology. He is semi-retired and loves sharing his knowledge of local geology.

## The Critical Role of Biodiversity in Life 207

Creve Maples

**Tuesdays** **Apr 11 - Apr 18** **12:30 - 2:30**  
**Fee: \$20** **2 sessions** 

The fundamental goal of all life is genetic survival. Over billions of years of trial and error, every species alive today has evolved unique abilities to survive and flourish in its environment. In doing so, many have developed ingenious solutions to problems that currently are beyond our human grasp, such as immunity to disease, suspended animation, mind control, and immortality. All of these adaptations are part of a web of interconnections. There is much we can learn from nature, both about ourselves and to improve our chance of survival.

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

## Bosque Ponds Guided Tour 1 208

Ron Friederich

**Tuesday** **Apr 18** **10:30 - 12:00**  
**Fee: \$12**  **Bosque Ponds**

Stroll around two large wildlife ponds in the bosque south of Tingley Beach fishing ponds. Ron

identifies and discusses plants, trees, and a variety of waterfowl along the way. *Total distance will be approximately one mile. A broad-brimmed hat 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.

### **Bosque Ponds Guided Tour 2 209**

*Ron Friederich*

**Thursday Apr 20 10:30 - 12:00**  
**Fee: \$12**  **Bosque Ponds**

*See description and bio in class #208.*

### **Human Skin – Evolution, Biology, and Stories 210**

*Dave Weaver*

**Thursday Apr 20 10:00 - 11:30**  
**Fee: \$10** 

Our largest organ system, human skin, remains one of the least understood and most controversial parts of the body. Speculation abounds about the evolution, biology, and meaning of our skin. After a review of biological functions of our skin, we'll look at likely (and unlikely) scenarios for the evolution and biological and social meaning of skin variation in extinct and modern human beings.

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 anthro-

pology, 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.

## **SOUTHWEST**

### **Baca Family Project History & Research 211**

*Joyce Gonzales*


**Wednesday Jan 18 12:30 - 2:00**  
**Fee: \$10** 

The Baca Family Project was established to help connect descendants of Cristobal Baca and Ana Maria Pacheco Ortiz, original Spanish settlers in northern New Mexico. It is believed their descendants are progenitors of the Hispanic genetic mutation that causes cerebral cavernous angioma. Gonzales discusses the history and genealogy research on this little-known illness. Learn about this fascinating saga in New Mexico history.

Joyce Gonzales is the genealogist for the national organization "To Find a Cure for Cavernous Malformations" and the "NM Baca Family Project." She has a BS in education from UNM. It is Gonzales' mission to educate the people of New Mexico about this sometimes devastating and often misdiagnosed illness which affects so many New Mexico families today.

### **The History of New Mexico: A Seven Century Overview 212**

*Robert Tórrez*

**Thu & Fri Jan 26 - Jan 27 10:00 - 11:30**  
**Fee: \$20 2 sessions** 


In this two-session class, historian Robert Tórrez reviews the long and eventful history of New Mex-

ico from the thirteenth century through the beginnings of the US territorial period. In session one, Tórrez covers the Early Pueblo period through the first century of Spanish settlement. In the second session, he reviews the eighteenth and nineteenth century Spanish and Mexican periods.

Robert 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 contributed chapters to nearly two dozen anthologies and textbooks.

### ***The School on the Bluff – A History of the University of Albuquerque*** 213

John Taylor

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

John Taylor's book, *The School on the Bluff*, describes the University of Albuquerque from its origins in 1921 as a small teacher's college for nuns to its demise as a liberal arts college in 1986. The school grew in size and scope, from its original site, a former Catholic orphanage on 4th Street, to its final location on Albuquerque's west mesa. In this presentation, Taylor examines each administration, the challenges faced, and the disparate solutions that were applied at the school.

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

### **Artifacts of the Southwest's Mogollon Archaeological Culture ZOOM** 214

Allen Dart

**Thursdays Feb 2 - Feb 23 2:30 - 4:00**  
**Fee: \$30 3 sessions**  **Zoom**



*Photos courtesy of Office of Archaeological Studies,  
 New Mexico Museum of Indian Arts and Culture  
 (photos arranged by Allen Dart)*


The Mogollon Native American culture flourished in southeastern Arizona, southwestern New Mexico, western Texas, and northern areas of Chihuahua and Sonora, Mexico, from about the third through fifteenth centuries. Mogollon artifacts provide clues for interpreting how the people of this culture adapted to varied southwestern environments for centuries. Archaeologist Allen Dart illustrates the material culture of the Mogollon and discusses what it can tell us about this culture's relationships to the natural world, their time reckoning, religious practices, beliefs, and deities. The presentation includes abundant illustrations of Mogollon pottery and artifacts. *No class February 9.*

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.

### **Camp Cody: A World War I Training Camp at Deming, NM** **215**

*Jim Eckles*


**Wednesday Feb 15 10:00 - 11:30**  
**Fee: \$10**  **Oasis**

Few people know that the Army built a camp equipped to train 30,000 men to be sent to Europe to fight Germany in World War I. It is hard to imagine what Deming, NM, then a town of only 2,500 citizens, must have been like on a Saturday night with thousands of troops, mainly from Nebraska, Iowa, Minnesota, and the Dakotas, flooding the streets. Eckles provides stories and the history of the camp.

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. He arrived early enough at WSMR to meet the pioneers who invented the idea of a missile range.

### **The History of Law & Order in New Mexico** **216**

*Don Bullis*

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

Hear stories of New Mexico law and order dating from the 1500s to present day as told by storyteller Don Bullis. Hear the story about the historical conflict of the Lincoln County War, where constables and sheriff deputies from the same county shot at each other. Learn about the conflict between the New Mexico Mounted Police and territorial sheriffs in the early 20th century. Hear

how our New Mexico history has influenced our criminal justice system of today.

Master storyteller Don Bullis is an Eastern New Mexico University graduate with a degree in American history. He worked as a newspaper/magazine contributor for 35 years. He spent 20 years in NM law enforcement as deputy sheriff, town marshal, and criminal intelligence supervisor in NM Department of Public Safety. He was also appointed to the Governor's Organized Crime Prevention Commission. He is the author of 11 nonfiction books on NM history and two novels.

*See also: UFO Burn Victim Case: Hobbs, NM (class #149) with David Marler*

### **The Waste Isolation Pilot Plant-WIPP ZOOM** **217**

*Richard Malenfant*

**Wednesday Mar 8 10:00 - 11:30**  
**Fee: \$10**  **Zoom**

The Waste Isolation Pilot Plant, or WIPP, is a deep geological repository for low-level radioactive waste. It is located near Carlsbad, NM in the southeastern part of the state. The storage rooms are 2,150 feet underground within a 3,000-foot-thick salt formation. Learn about the nature of the low-level radioactive waste, testing and certification of the site, transportation, a fire in 2014, and the site's future.

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 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.



**The Los Lunas Mystery Stone 218***John Taylor***Thursday Mar 9 10:00 - 11:30**  
**Fee: \$10** 

About halfway up a small, unpretentious hill, about 16 miles west of Los Lunas, is an “artifact” that is known as the Los Lunas Mystery Stone. It is a 60-ton boulder inscribed with the Ten Commandments in Paleo-Hebraic, a language used primarily by Samaritans during and after the Babylonian captivity. Taylor discusses the Mystery Stone and its archeological context and offers some possibilities for its origin.

*See bio in class #213.*

**UNM Architecture & History – A Walking Tour 219***Sukey Ferguson***Thursday Mar 16 10:00 - 12:00**  
**Fee: \$15**  **Hodgin Hall at UNM**

The UNM campus is a wonderful representation of southwestern architecture. From the classic designs of John Gaw Meem to the very modern plans of Antoine Predock and others, UNM provides a rich variety of Southwest building styles. This walking tour begins at Hodgin Hall and covers UNM’s main campus. Sukey Ferguson, who practically grew up at UNM, highlights buildings that are especially interesting in terms of design and/or history. *You will receive a map for parking near Hodgin Hall prior to the tour. You will also receive a parking pass when you arrive. This is a walking tour but there will be some spots where you may sit. Limited enrollment.*

Sukey Ferguson was born and raised in Albuquerque. Her father’s architecture firm designed many of the buildings at UNM. She received her degree in English and anthropology, and her post-baccalaureate in education from UNM. As an elementary

school teacher, she studied architecture for children and inspired many students in the principles of observation, design, and love of buildings.

**Carlsbad Caverns: Stories of Exploration, Art, & Conservation 220***Lois Manno***Thursday Mar 16 12:30 - 2:00**  
**Fee: \$10** 

Carlsbad Caverns is one of the world’s great caves with a rich history dating back to its 1898 discovery. Since its discovery, the cave has been an inspiration for artists from landscape photographer Ansel Adams to Zozobra creator Gustave Baumann. Join caver, artist, and Carlsbad Cavern volunteer Lois Manno as she shares hidden stories of this famous cave and the work being done to preserve this national treasure.

Lois Manno has deep ties to Carlsbad Caverns National Park. In her two decades of volunteerism for the park, she helped with a NOVA documentary and the PBS series Anyplace Wild, curated an exhibit for the park’s art collection, helped develop a gallery in the visitor center, and currently manages its Cable Camouflage Project. She wrote the award-winning book, *Visions Underground: Carlsbad Caverns through the Artist’s Eye*.

**See also:**

*When The River Runs Dry (class #117) with Lorna Wiggins & Jason Casuga*

*The British Mission to Los Alamos (class #152) with Alan Carr*

*The Geology and Geologic History of NM (class #203) with John Geissman*

*The Complete Geologic Story of Sandia Mountain (class #206) with Dirk Van Hart*

### **The Civilian Conservation Corps in New Mexico** **221**

Richard Melzer


**Wednesday**      **Apr 5**      **10:00 - 11:30**  
**Fee: \$10**       **Oasis**

The Civilian Conservation Corps (CCC) was the New Deal's most popular and successful program in the Great Depression era. Millions of young men benefited from good work, wages, a healthy environment, training, and a chance to help their families back home. This class focuses on the CCC in New Mexico, especially the impact of the program on the young men and their futures.

Richard Melzer was a Regents' professor of history at UNM's Valencia Campus, where he taught for more than 35 years before his recent retirement. 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.

### **Hiking Trails in Valles Caldera National Preserve** **222**

Coco Rae

**Saturday**      **Apr 22**      **10:00 - 11:30**  
**Fee: \$10**       **Oasis**

Join Coco Rae, author of *Hiking Trails in Valles Caldera National Preserve*, as she shares her favorite

trails, extensive knowledge, and love of exploration at one of New Mexico's greatest treasures. A geological and environmental wonder created over a million years ago, Valles Caldera National Park offers outdoor enthusiasts and nature lovers endless opportunities to discover the natural history of New Mexico through the caldera's vast mountain meadows, extensive biodiversity, and meandering streams.

Coco Rae is a volunteer at Valles Caldera National Preserve and has spent the last twenty years wandering the trails of northern New Mexico. She has gone trekking on five continents but still loves New Mexico's backcountry more than anywhere else.

## **TRAVEL/TRIPS**

### **Collette/Oasis Greece Island Hopper Trip** **223**

Arian Shirakhon

**Thursday**      **Jan 12**      **3:00 - 4:00**  
**Fee: Free**       **Oasis**


Join Collette's representative for a preview of the Greece Island Hopper trip in September 2023. Discover the magnificent ruins of ancient Greece and bask in the brilliance of the Mediterranean. Explore Greece's most important ancient monuments, including the famed Temple of Zeus and the legendary Acropolis. Wander the winding streets, vineyards, marketplaces, and beaches of Mykonos and Santorini. Explore the excavations of the ancient city at Akrotiri, the most important prehistoric settlement. Experience the iconic sights of Greece's classical age.

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

**Adventure Travel: Hot & Cold** **224**  
*Al Davis*  
**Thursday** **Feb 16** **12:30 - 2:00**  
**Fee: \$10**  **Oasis**

Al Davis shares his travel adventures in two extreme temperature settings. First, the Sahara Desert, the hottest place on Earth; where burkini and Brazilian bikinis are both on the beaches; where indigenous Berbers thrive, speak their original language, and represent half the population. Then, South Georgia Island, where temperatures reach -21° F; where 900,000 king penguins live; where five million fur seals reside; and no one else. For each location, Al talks about the culture, environment, history, and shares plenty of photos!

Al Davis has traveled to 99 countries and has slept on all seven continents. He was educated in computer science and has a PhD from the University of Illinois. He is a serial entrepreneur, and has held academic positions at University of Colorado, and in Australia, Indonesia, Nigeria, Spain and South Africa. Davis has published 100+ articles, nine books, and lectured 2,000+ times in 28 countries.

**Allan Houser Sculpture Garden Tour & Madrid: Day Trip** **225**  
**Thursday** **Apr 20** **8:30 - 3:00**  
**Fee: \$100**  **Oasis**

Enjoy a tour of the Allan Houser Sculpture Garden, featuring one of the most respected modernist sculptors of his time as well as one of the premier Native American artists of the 20th century. We begin with an introductory video on the artist and his works. Tour guides then lead the group through the gardens featuring approximately 70 outdoor sculptures set among juniper pines and breathtaking mountain vistas. An indoor gallery exhibits paintings, drawings, and smaller sculptures. Following the tour, ride to the eclectic town of Madrid for an hour and a half of wandering the


shops, galleries and eateries of your choice. *The gravel paths of the garden are not handicap-accessible. The tour requires walking, some stairs, and limited inclines along the trail. Wear comfortable walking shoes, dress in layers, bring a hat and water. You will be walking and standing for the entire 2-hour tour.*

**Fee includes: coach bus transportation, tour fees, and driver tip**

## MOVEMENT & EXERCISE

### HEALTH MOVEMENT

**NOTE: Regular physical activity is beneficial at all stages of life; however, not every type of activity is appropriate for everybody. Oasis recommends that you discuss the suitability of a given physical activity with your healthcare professional before you begin, especially if you have been sedentary.**

**Better Balance** **226**  
*Cindy Russell*  
**Mon & Wed** **Jan 16 - Feb 15** **1:00 - 2:00**  
**Fee: \$40** **10 sessions**  **Oasis**


Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge your mind and body in a socially-supportive and confidence-building environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging. Pre-tests and post-tests are done during class. *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

falls 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, 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.


## Tai Ji Quan: Moving for Better Balance, Part 1 227

Cindy Russell

Mon & Wed Jan 23 - Mar 20 9:00 - 10:00  
Fee: Free 16 sessions  Oasis

## Tai Ji Quan: Moving for Better Balance, Part 1 ZOOM 228

Cindy Russell


Mon & Wed Jan 23 - Mar 20 9:00 - 10:00  
Fee: Free 16 sessions  Zoom

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *No class February 20. Limited enrollment.*

*See bio in class #226.*


## Tai Ji Quan: Moving for Better Balance, Part 2 229

Cindy Russell

Mon & Wed Mar 22 - Apr 17 9:00 - 10:00  
Fee: \$40 8 sessions  Oasis

## Tai Ji Quan: Moving for Better Balance, Part 2 ZOOM 230

Cindy Russell

Mon & Wed Mar 22 - Apr 17 9:00 - 10:00  
Fee: \$40 8 sessions  Zoom

Have you mastered the eight forms in Tai Ji Quan: Moving for Better Balance? Join us for Part 2, as we work through different activities involving the eight forms. Learn alternative sequences of the eight forms, as well as new and balance challenging drills that incorporate the various forms. *Limited enrollment.*

*See bio in class #226.*

## Tai Chi for Health, Part 1 231

Ilene Dunn

Tue & Thu Jan 24 - Mar 16 11:00 - 12:00  
Fee: Free 16 sessions  Oasis

## Tai Chi for Health, Part 1 ZOOM 232

Ilene Dunn

Tue & Thu Jan 24 - Mar 16 11:00 - 12:00  
Fee: Free 16 sessions  Zoom

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 program, known formally as Tai Chi for Arthritis and Fall Prevention, has been shown to ease joint pain and improve balance. The program was developed by Paul Lam, MBBS, with other medical professionals and tai chi experts of the Tai Chi for Health Institute. Movements are from Sun style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *Limited enrollment.*


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.


## Tai Chi for Health, Part 2 233

Ilene Dunn

**Tue & Thu** **Mar 21 - Apr 13** **11:00 - 12:00**  
**Fee: \$40** **8 sessions**  **Oasis**

## Tai Chi for Health, Part 2 ZOOM 234

Ilene Dunn

**Tue & Thu** **Mar 21 - Apr 13** **11:00 - 12:00**  
**Fee: \$40** **8 sessions**  **Zoom**



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, expand your practice, keep the qi flowing, and continue the health benefits. *Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) basic forms. Limited enrollment.*

See bio in class #231.

## Yoga for the Rest of Us 235

Gloria Drayer

**Fridays** **Jan 27 - Feb 3** **2:00 - 3:15**  
**Fee: \$20** **2 sessions**  **Oasis**

Take a deep breath. Close your eyes. Breathe in through your nose, out through your mouth. That energy that revitalizes us when we've done well for our bodies and the accompanying peace it brings is the essence of yoga. Yoga is for every body. Join us for a "break" from the every day world! Whether you are new to yoga, have practiced before, or practice now - take this time to de-stress and energize in this gentle relaxing yoga experience. *All levels welcome. Bring a yoga mat or blanket for floor work. Seated variations will also be presented. 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 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*.

## Fundamentals of Qigong 236

Marcia Pincus

**Tuesdays** **Jan 31 - Feb 28** **1:00 - 2:00**  
**Fee: \$40** **5 sessions**  **Oasis**


Learn the principles of qigong, based on the Lao Tzu Water Method, including how to feel and strengthen qi, your life force. Movements include static health postures, as well as three types of circles (vertical, coronal, and horizontal) that engage the three sections of the body (lower, middle, and upper cores). In addition, learn how to activate qi in various parts of the body. These

fundamentals can also be employed when doing tai chi. *Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 35 years, including 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.

## Tai Chi Chih: Joy Through Movement 237

Ellen Tatge

**Thursdays**      **Jan 26 - Mar 2**      **9:00 - 10:00**  
**Fee: \$60**      **6 sessions**       **Oasis**

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.

## Yoga for Arthritis 239

Gloria Drayer

**Wednesdays**      **Feb 22 - Mar 1**      **11:00 - 12:15**  
**Fee: \$20**      **2 sessions**       **Oasis**



Yoga can strengthen joints, which is crucial for preventing and managing arthritis. Yoga can also regulate the uric acid level in the body, which, in excess, contributes to arthritis. Most importantly, yoga can lead to a healthier lifestyle, enhancing resistance against arthritis and other chronic and acute conditions. This class focuses on simple postures aimed at addressing arthritis from your head to your toes. *Wear loose, comfortable clothing and bring a mat/towel to session two. No experience necessary; seated, standing, and/or floor options. Limited enrollment.*

*See bio in class #235.*

## Stretch & Relax 240

Cindy Russell

**Fridays**      **Mar 3 - Mar 17**      **9:00 - 10:00**  
**Fee: \$24**      **3 sessions**       **Oasis**

## Stretch & Relax ZOOM 241

Cindy Russell

**Fridays**      **Mar 3 - Mar 17**      **9:00 - 10:00**  
**Fee: \$24**      **3 sessions**       **Zoom**

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 #226.

### Body, Brain, Bones, & Balance 242

Ilene Dunn


**Tue & Thu**      **Mar 7 - Mar 30**      **9:30 - 10:30**  
**Fee: \$64**      **8 sessions**       **Oasis**

Challenge yourself to build muscle strength, increase bone density, and improve balance, while engaging in brain-boosting games! Each class starts with a low impact cardio warm-up and ends with a seated stretch. *This is a standing class - seated options are demonstrated. Bring water and wear appropriate exercise shoes that secure to your feet. Limited enrollment.*

See bio in class #231.

### Resistance & Strength Training 243

Stephanie Carrodegua

**Fridays**      **Mar 24 - Apr 14**      **10:00 - 11:00**  
**Fee: \$32**      **4 sessions**       **Oasis**


Back by popular demand! 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. Stephanie and her partner own a boutique hotel, and Stephanie solo owns a health and wellness business. She is a NASM certified personal trainer and a NS certified life coach.

## WALKS & HIKES

### Walking Albuquerque - Mondays 244

Joyce Robertson


**Mondays**      **Mar 13 - Apr 17**      **8:30 - 10:00**  
**Fee: \$20**      **6 sessions**       **Walks**

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 Robertson returned as walk coordinator. She has also been walking with the group for many years. She is joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

### Walking Albuquerque - Wednesdays 245

Joyce Robertson

**Wednesdays**      **Mar 15 - Apr 19**      **8:30 - 10:00**  
**Fee: \$20**      **6 sessions**       **Walks**

See description and bio in class #244.

## Tijeras Arroyo Open Space Hike 246

Bill Pentler

Thursday Mar 23 10:00 - 11:30

Fee: \$15  Tijeras Arroyo Open Space

The Tijeras Canyon is a riparian area with a great history of land grant settlements and native activities going back generations. The City of Albuquerque's Open Space Division has purchased a number of properties in the area to protect the delicate ecosystem and preserve many archeological sites throughout the canyon. The parcels total approximately 200 acres. Future activities in this area will be based at the Tijeras Education Center, currently in development. Please join us in exploring a portion of the Tijeras Canyon with Bill Pentler. *This is a moderate hike. Bring a walking stick, water, hat, and appropriate clothing for the day's weather. Limited enrollment.*

Bill Pentler is the resource management and visitor services supervisor for the Open Space Division of Albuquerque Parks and Recreation. He has been 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.

## Golden Open Space Hike 247

David Ryan

Wednesday Apr 5 10:00 - 1:00

Fee: \$15  Golden Open Space



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'll return to the top and follow a different trail back to the trailhead. *This is a moderate 3.5-mile hike with limited shade. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. Feel free to bring a light snack. 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](http://www.gentleartofwandering.com).

## Juan Tomas Open Space Hike 248

David Ryan


**Thursday** **Apr 6** **10:00 - 1:00**  
**Fee: \$15**  **Juan Tomas Open Space**

Back by popular demand! Juan Tomas Open Space is a City of Albuquerque Open Space property located in the Manzanita Mountains south of Tijeras. It has a wonderful, easy-to-moderate 3.7-mile loop hike with very little change in elevation. Walk through ponderosa, meadows, and other vegetation. We might see some local inhabitants, such as mule deer, wild turkey, or elk along the way. *Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. Feel free to bring a light snack. A walking stick is recommended. No restrooms available. Limited enrollment.*

*See bio in class #247.*

## Rio Grande Nature Center Bosque Trail: Accessible Walk 249

Colston Chandler

**Thursday** **Apr 13** **10:00 - 11:30**  
**Fee: \$15**  **Rio Grande Nature Center SP**

This accessible walk begins by viewing an art installation in the northeast corner of the parking lot. A gentle one-mile round-trip stroll between the Rio Grande Nature Center and the river follows. A visit to the visitor center and its surrounding gardens concludes the walk. *The trail from the visitor center is now fully ADA compliant. All of the trail is now either asphalt or hard packed crusher fine. There are two long ramps where wheelchair users will need a pusher to help. Bring binoculars, hat, layers, sunscreen and water. Restrooms available in the visitor center. Note: There is a \$3 entrance/parking fee. Limited enrollment.*

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

## 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 AND LA VIDA LLENA SPONSORED CLASSES

### NIRR-My Oh My – Weather Myths and Mysteries 250

Deirdre Kann


Monday Jan 9 3:00 - 4:30  
Fee: \$5  Neighborhood in Rio Rancho

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.

See bio in class #202.

### NIRR-Live and Let Die: The Themes of James Bond ZOOM 251

Jane Ellen

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


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."

See bio in class #119.

### NIRR-Cab Calloway: Harlem Renaissance Music Legend ZOOM 252

Jane Ellen

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

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 #119

### NIRR-Courts of the 16th Century 253

Charles Steen

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


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 #143.

**LVL-Fantastic Felines ZOOM 254**

Daryl Ratajczak

**Thursday Feb 16 3:00 - 4:30**  
**Fee: \$5**  Zoom

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.

See bio in class #200.

**LVL-Chances Are: Johnny Mathis ZOOM 255**

Jane Ellen

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

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.

See bio in class #119.

**Oasis Classroom Etiquette**

- Silence your cell phones.
- Keep all cell phones in pockets or purses so they don't glow in the dark.
- Please do not wear perfume.
- Be a good neighbor and please do not park in spots that are designated for other businesses.
- Water is welcomed in the classrooms, but please, no other beverages or food.
- Dress in layers - sometimes our classrooms may feel cool.

## 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 healthcare provider in a private appointment at Oasis. *Class details include a window of time in which your appointment will be booked. Once registered, the Oasis office 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 at least 8 weeks between appointments.**


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

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

**Foot Care Clinic 1** **3118**  
 Wednesday Jan 18 9:00 - 12:00  
 Fee: \$10 


**Foot Care Clinic 2** **3125**  
 Wednesday Jan 25 9:00 - 12:00  
 Fee: \$10 


**Foot Care Clinic 3** **3130**  
 Monday Jan 30 1:00 - 4:00  
 Fee: \$10 


**Foot Care Clinic 4** **3203**  
 Friday Feb 3 9:00 - 12:00  
 Fee: \$10 


**Foot Care Clinic 5** **3215**  
 Wednesday Feb 15 9:00 - 12:00  
 Fee: \$10 

**Foot Care Clinic 6** **3222**  
 Wednesday Feb 22 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 7** **3301**  
 Wednesday Mar 1 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 8** **3308**  
 Wednesday Mar 8 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 9** **3315**  
 Wednesday Mar 15 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 10** **3329**  
 Wednesday Mar 29 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 11** **3405**  
 Wednesday Apr 5 1:00 - 4:00  
 Fee: \$10 

**Foot Care Clinic 12** **3412**  
 Wednesday Apr 12 1:00 - 4:00  
 Fee: \$10 





## Happy Oasis Participants

### What Oasis Albuquerque means to me...

Oasis is a breath of fresh air in this confusing and argumentative world. Oasis Albuquerque's ability to choose "just the right kind" of classes for this demographic is certainly noteworthy. And having access to Oasis Everywhere is a feather in your cap!  
—Karen

Oasis brought me a bountiful group of beautiful people. I have no brothers or sisters. I do not have a husband or kids. After my mom and dad died, I attended classes and was active in the tutoring program. Oasis brought me memories, experiences, and a reason to keep going. Thank you. —Angie



I really enjoyed my years as a reading tutor through Oasis. The kids I worked with were eager to meet with me and devoured the books we read together. Made me feel good about them, and made me feel good about myself. —Andy

Having transferred from active Oasis participation to physically home-bound lifestyle almost overnight, I hadn't appreciated the importance of your gift. Zoom inclusion has become my primary connection to mental contentment. You are a treasure-chest of pleasure, education, and information. —Mary Joe

I find all of the classes I take to be so informative whether it be an active or lecture-type of class. Working in the tutoring library and volunteering at Oasis is so fun to me since I get to read all the new books that come into the library as well as pick books for my student that I tutor. I am so very happy that we are back to going into the Oasis building. The catalog for the new semester will be coming out soon; so pick one up and join me for a class or see Vicki DeVigne about tutoring.  
—Roxanne



## Off-Site Class Locations

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

### **Albuquerque Sunport**

Park in the Sunport Parking Garage and bring your parking ticket into the terminal for validation. Meet under the 1914 airplane hanging from the ceiling behind the escalators in the Great Hall.

### **Albuquerque Zoo**

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

### **Bosque Ponds**

Park 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.

### **FUSION**

708 1st St NW, Albuquerque, NM  
Parking is available in adjacent lot.

### **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.

### **Hodgin Hall at UNM**

From University Street, turn east on Martin Luther King Blvd and take an immediate right on Redondo West Drive. Curve around and pass Hodgin Hall on your right. Pass the Art Annex building and turn into Terrace Street parking lot. Meet in the parking lot to receive your parking pass. Place the pass in your car.

### **Juan Tomas Open Space**

From I-40, take Exit 175 to Tijeras. Go 8.7 miles south on NM337. Turn left on Oak Flat Road and go 2.7 miles east. Park in the area on the left, across from the junction with Anaya Road (not Anaya Place).

### **Kadampa Meditation Center**

Located at 142 Monroe St NE, Albuquerque. The Center is located one block north of the Hiland Theater.

### **Kei & Molly Textiles**

Located at 4400 Silver Ave. SE, Suite A, Albuquerque. On the corner of Washington SE and Silver Ave. SE. Park in studio parking lot or on Silver Ave.

### **Neighborhood in Rio Rancho**

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

### **Open Space Visitor Center**

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

**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.

**Rio Grande Nature Center State Park**

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

**Robertson Violins**

Located at 3201 Carlisle Blvd NE, Albuquerque. Plenty of parking is available in the shared Robertson's and Music Mart parking lots.

**Tijeras Arroyo Open Space**

Meet at the Tijeras Biozone Education Center located at 15600 Central SE, Albuquerque. Take I-40 east to Tramway and turn right (south). Make the immediate left onto Central, heading east, moving to the right lane (the left lane takes you back onto the freeway). Follow Central east about 1.3 miles. The entrance gate is just past the Education Center.

**UNM Ortho in Rio Rancho**

Located at 3200 Broadmoor Blvd NE, Rio Rancho, adjacent to UNM's Sandoval Regional Medical Center. Arrive at the building and enter via the Main Entrance on the east side of the building.

**Notes:** \_\_\_\_\_

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## OASIS GIFT CERTIFICATE

Give the gift of lifelong learning to your family and friends! Contact Oasis to purchase a gift certificate in any amount.

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

The Collette logo, featuring the word "collette" in a white, lowercase, sans-serif font. The letter "o" is replaced by a small globe icon. The background of the entire advertisement is a scenic view of a Greek island with white buildings and blue domes under a sunset sky.

collette

Oasis Albuquerque & Collette present...

## Greece Island Hopper

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Contact Oasis at 505-884-4529





## Thank You to our Fabulous Volunteers!

They answer the phone when you call, remind you of your upcoming classes, welcome you at the office door, catalog library books, assist with classes, deliver catalogs, update our sound system, proofread our catalog, and tackle other odd jobs behind-the-scenes. Our volunteers are vital to our success!

## Healthier lives begin at Optum New Mexico

With 9 clinics in Albuquerque and Rio Rancho, Optum New Mexico is committed to keeping you healthy from Medicare annual wellness visits to primary and specialty care, including:

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- Rheumatology
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We extend our special gratitude to those instructors that volunteer their time and expertise with us each semester. Because of them we learn something new almost every day!

**Thank You to our Fabulous Instructors!**



DELIVERING MORE

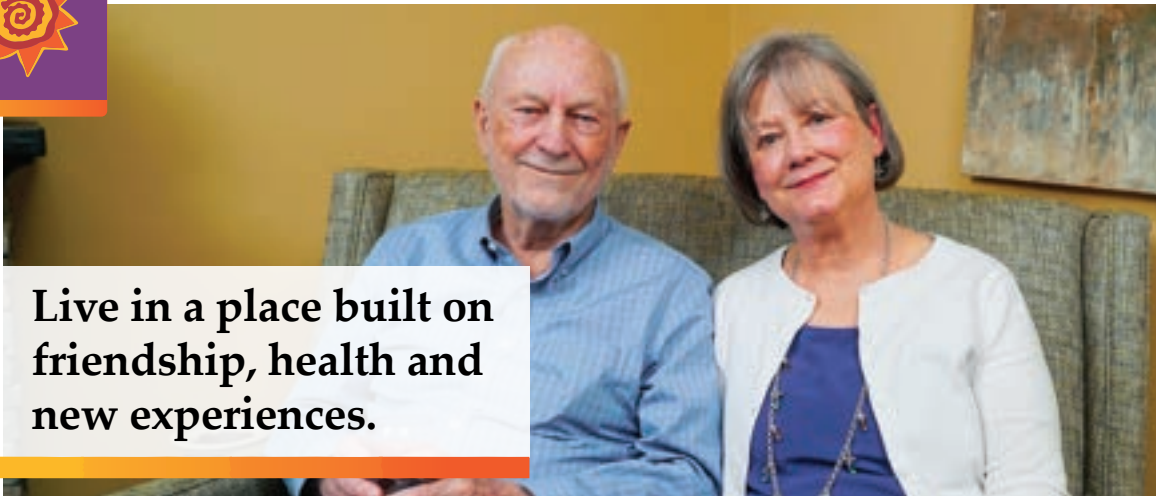
[unmhealth.org](http://unmhealth.org)

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[NeighborhoodRioRancho.com](http://NeighborhoodRioRancho.com)

 **La Vida Llena**  
LIFE PLAN COMMUNITY

**(505) 293-4001**  
[LaVidaLlena.com](http://LaVidaLlena.com)

**New Mexico's Premier Life Plan Communities**



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



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Oasis is a proud member of the Social Impact 100 index of top-performing nonprofits ([si100.org](http://si100.org))

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P2221

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Monday		Tuesday		Wednesday		Thursday		Friday	
2	3			4	5	6			
Office Closed				Registration Opens 10:00am		Tutor Training (pre-registration required)			
9	10			11	12	13			
250	NIRR-Weather Myths* 3:00-4:30	160	Austin Book Group 1:30-3:00	Tutor Training (pre-registration required)		122 223	Let's Cook Chinese! Collette Greece Trip 1:30-3:30 3:00-4:00	126 Speaking the Unspeakable 10:00-11:30	
16	17			18	19	20			
101	Artist Pauline Eaton* 10:00-11:30	164	Singing the Show Tunes 10:15-11:45	3118	Foot Care Clinic 1 9:00-12:00	128	Superconscious Meditation 10:00-11:30	102	Quilling Workshop 12:00-4:00
226	Better Balance 1:00-2:00	161	Summit Book Group 11:00-12:30	119	TV Show Themes ZM 10:00-12:00				
		127	Natural Remedies for Arthritis 12:30-2:00	211	Baca Family Project 12:30-2:00				
		162	Holmes Book Group ZM 1:00-2:30	188	Kadampa Meditation Center* 1:00-3:00				
				226	Better Balance 1:00-2:00				
				163	West Mesa Book Group* 1:30-3:00				
23	24			25	26	27			
227	Tai Ji Quan Pt 1 9:00-10:00	164	Singing the Show Tunes 10:15-11:45	227	Tai Ji Quan Pt 1 9:00-10:00	237	Tai Chi Chih 9:00-10:00	212	NM History 10:00-11:30
228	Tai Ji Quan Pt 1 ZM 9:00-10:00	231	Tai Chi Health, Part 1 11:00-12:00	228	Tai Ji Quan Pt 1 ZM 11:00-12:00	189	Holy of Hollies* 10:00-11:30	177	Oldies Sing-Along 2:00-3:30
143	English Travelers 10:00-11:30	232	Tai Chi Health Pt 1 ZM 11:00-12:00	3125	Foot Care Clinic 2 9:00-12:00	212	NM History 10:00-11:30	235	Yoga for the Rest of Us 2:00-3:15
183	Free Write 10:00-12:00	159	Grapes of Roth ZM 12:30-2:00	129	Respiratory Muscles 10:00-11:30	231	Tai Chi Health Pt 1 11:00-12:00		
226	Better Balance 1:00-2:00			226	Better Balance 1:00-2:00	232	Tai Chi Health Pt 1 ZM 11:00-12:00		
						165	Olivia Newton-John ZM 12:30-2:30		
30	31								
227	Tai Ji Quan Pt 1 9:00-10:00	164	Singing the Show Tunes 10:15-11:45						
228	Tai Ji Quan Pt 1 ZM 9:00-10:00	231	Tai Chi Health Pt 1 11:00-12:00						
166	Michael McDonald ZM 10:00-12:00	232	Tai Chi Health Pt 1 ZM 11:00-12:00						
183	Free Write 10:00-12:00	103	Pastel Abstracts 12:30-3:30						
111	Homelessness in ABQ 12:30-2:00	112	1619 Project ZM 12:30-2:00						
226	Better Balance 1:00-2:00	236	Qigong Fundamentals 1:00-2:00						
3130	Foot Care Clinic 3 1:00-4:00								
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 54-55 Registration opens Wednesday, January 4 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, January 4 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 103 Pastel Abstracts 109 Cannabis Basics 130 Ortho Tour & Lecture* 226 Better Balance	9:00-10:00 9:00-10:00 12:30-3:30 12:30-2:00 12:30-2:00 1:00-2:00	237 Tai Chi Chih 213 School on the Bluff 231 Tai Chi Health Pt 1 ZM 232 Tai Chi Health Pt 1 ZM 104 Intro to Mosaics 214 Mogollon Artifacts ZM	9:00-10:00 10:00-11:30 11:00-12:00 11:00-12:00 12:00-4:00 2:30-4:00	3203 Foot Care Clinic 4 104 Intro to Mosaics 235 Yoga for the Rest of Us	9:00-12:00 12:00-2:00 2:00-3:15
6		7		8		9		10	
227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 105 Drawing/Observation 144 Continental Travelers 145 Soviet Union Demise 226 Better Balance	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00 1:00-2:00	164 Singing the Show Tunes 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 167 5th Dimension ZM 236 Qigong Fundamentals	10:15-11:45 11:00-12:00 11:00-12:00 12:30-2:30 1:00-2:00	227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 194 It Was a Great Idea 195 It Was a Great Idea ZM 196 Climate Change 226 Better Balance	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00 1:00-2:00	237 Tai Chi Chih 197 Penguins Tour 1* 113 Autonomous Vehicles 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM	9:00-10:00 9:30-11:30 10:00-11:30 11:00-12:00 11:00-12:00	105 Drawing/Observation	10:00-11:30
13		14		15		16		17	
227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 105 Drawing/Observation 190 Frederick Buechner 226 Better Balance 251 NIRR-James Bond Music ZM	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 1:00-2:00 3:00-4:30	198 Penguins Tour 2* 164 Singing the Show Tunes 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 131 Improving Cognition 236 Qigong Fundamentals 160 Austin Book Group	9:30-11:30 10:15-11:45 11:00-12:00 11:00-12:00 12:30-2:00 1:00-2:00 1:30-3:00	227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 3215 Foot Care Clinic 5 215 Camp Cody 196 Climate Change 132 Aging Mastery Program 226 Better Balance 163 West Mesa Book Group*	9:00-10:00 9:00-10:00 9:00-12:00 10:00-11:30 12:30-2:00 1:00-3:00 1:00-2:00 1:30-3:00	237 Tai Chi Chih 146 Witness to Pogroms 147 Witness to Pogroms ZM 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 224 Hot & Cold Travel 214 Mogollon Artifacts ZM 254 LVL-Fantastic Felines ZM	9:00-10:00 10:00-11:30 10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:00 2:30-4:00 3:00-4:30	105 Drawing/Observation 168 Earth, Wind & Fire ZM	10:00-11:30 10:00-12:00
20		21		22		23		24	
Oasis Office Closed Presidents' Day Holiday		164 Singing the Show Tunes 161 Summit Book Group 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 169 Mardi Gras ZM 162 Holmes Book Group ZM 236 Qigong Fundamentals	10:15-11:45 11:00-12:00 11:00-12:00 11:00-12:00 12:30-2:30 1:00-2:30 1:00-2:00	227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 133 Do Feet Wear Out? 238 Yoga for Arthritis 199 Black Holes & Stars 132 Aging Mastery Program 3222 Foot Care Clinic 6 114 Banned Books	9:00-10:00 9:00-10:00 10:30-12:00 11:00-12:15 12:30-2:00 1:00-3:00 1:00-4:00 2:30-4:00	237 Tai Chi Chih 192 Problem with Fairness 231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 216 NM Law & Order 214 Mogollon Artifacts ZM	9:00-10:00 10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:00 2:30-4:00	105 Drawing/Observation 200 Grizzly Country ZM 178 Flambeaux Mardi Gras	10:00-11:30 10:00-11:30 2:00-3:30
27		28							
227 Tai Ji Quan Pt 1 228 Tai Ji Quan Pt 1 ZM 105 Drawing/Observation 170 Hazel Scott ZM 134 Bladder Matters	9:00-10:00 9:00-10:00 10:00-11:30 10:00-12:00 12:30-2:00	231 Tai Chi Health Pt 1 232 Tai Chi Health Pt 1 ZM 236 Qigong Fundamentals 135 Falls Prevention	11:00-12:00 11:00-12:00 1:00-2:00 2:30-4:00	<div> <div>ZM= Livestream via Zoom</div> <div>*Off-Site Class. Please see the Off-site location directions on pages 54-55</div> <div>Registration opens Wednesday, January 4 at 10:00 am and continues throughout the term.</div> </div>					

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	





# 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](http://www.oasisabq.org) and click on the My Account link in the upper right corner of the webpage.

## How do I register for classes?

You may register online, in person at the Oasis office, 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 spring 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. During the holiday season, please call the office at 505-884-4529 to confirm we are open.

## What types of payment do you accept?

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

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

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 hour 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, along with Zoom links and off-site locations, if applicable. 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 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

## Oasis Policies, Cont.

credit will appear as a store coupon when you check out. 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.

**Spring 2023 classes begin  
Monday, January 9, 2023**

## Registration Info:

Registration opens Wednesday, January 4 at 10:00am.  
Spring 2023 classes begin Monday, January 9, 2023.

### **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, January 4, 2023.

If you do not get into a class you want, add your name to the wait list. 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.

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 (January 4). The first form received is the first one entered and so on.

### **Important Registration Information**

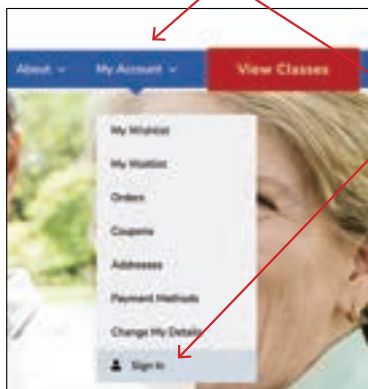
Complete your forms and payments carefully. Include payment for all of your classes and trips.

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

### **Payment methods**

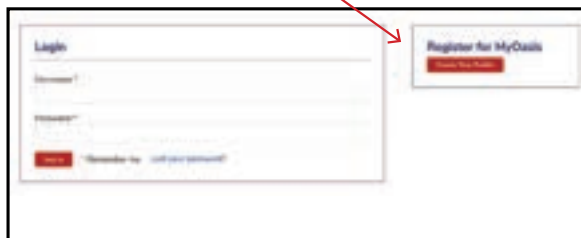
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we will charge only for the classes in which you are enrolled.
- **Cash or check payments:** We accept cash or checks. If you are paying by cash or check and a class is full when you register, we will apply the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

# HOW TO REGISTER FOR CLASSES

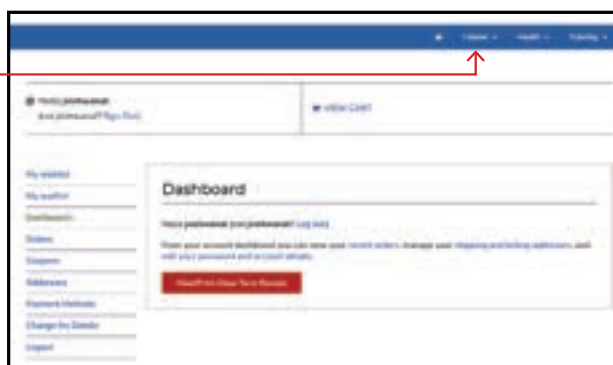


1. Go to [www.oasisabq.org](http://www.oasisabq.org)

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



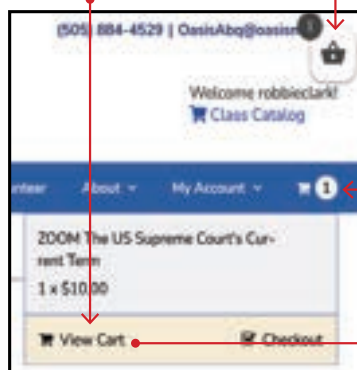
3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**



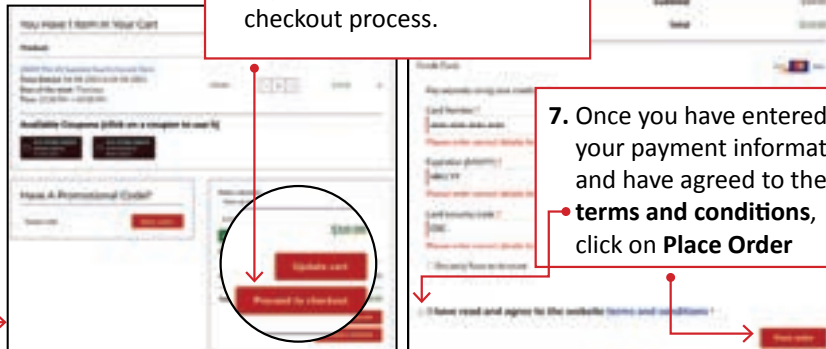
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

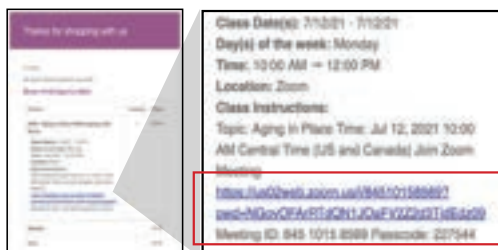


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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

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



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



Cut along the line to remove and return this form.

## Oasis Spring 2023 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 follows CDC and/or NM guidelines. Oasis reserves the right to mandate Covid vaccines or masks at its sole discretion at its Center. At an off-site location, Oasis participants must follow that location's Covid guidelines. **Media Release:** I give permission for The Oasis Institute/Albuquerque Oasis to photograph or videotape me and to use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute/Albuquerque Oasis's partners and by the media, as well as agree to be photographed or videotaped by the media for general publication. \*\* If you do not wish to give said permission, please remove yourself from photographed situations and/or make the photographer aware that you do not wish to be photographed.

**SIGNATURE REQUIRED**      By: \_\_\_\_\_

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	101	Artist Pauline Eaton*	\$10		
	102	Quilling Workshop	\$30		
	103	Pastel Abstracts	\$55		
	104	Intro to Mosaics	\$55		
	105	Drawing/Observation	\$120		
	106	Found Objects Mosaics	\$30		
	107	Kei & Molly Tour*	\$15		
	108	Lino-cut Printmaking	\$65		
	109	Cannabis Basics	\$10		
	110	Reverse Mortgage Facts	\$10		
	111	Homelessness in ABQ	\$10		
	112	The 1619 Project ZM	\$10		
	113	Autonomous Vehicles	\$10		
	114	Banned Books	\$10		
	115	Religious Liberty	\$10		
	116	Religious Liberty ZM	\$10		
	117	River Runs Dry	\$10		
	118	Support Tour*	\$18		
	119	TV Show Themes ZM	\$10		
	120	Barbara Stanwyck ZM	\$10		
	121	Hollywood Censorship ZM	\$10		
	122	Let's Cook Chinese!	\$35		
	123	Spring for Salad	\$35		
	124	Sprouting Kitchen	\$35		
	125	Meals on Wheels*	\$20		
	126	Speaking the Unspeakable	\$10		
	127	Remedies for Arthritis	\$10		
	128	Superconscious Meditation	\$10		
	129	Respiratory Muscles	\$10		
	130	Ortho Tour & Lecture*	\$15		
	131	Improving Cognition	\$10		

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	132	Aging Mastery Program	\$25		
	133	Do Feet Wear Out?	\$10		
	134	Bladder Matters	\$10		
	135	Falls Prevention	\$5		
	136	Brain Nutrition	\$10		
	137	Matter of Balance	Free		
	138	Geriatric Assessment	\$10		
	139	CPR/AED	\$5		
	140	Hand Pain	\$10		
	141	Chronic Pain	\$10		
	142	Care Conversations ZM	\$10		
	143	English Travelers	\$10		
	144	Continental Travelers	\$10		
	145	Soviet Union Demise	\$10		
	146	Witness to Pogroms	\$10		
	147	Witness to Pogroms ZM	\$10		
	148	Two Harriets ZM	\$10		
	149	UFO Hobbs	\$10		
	150	Celtic Diaspora	\$10		
	151	Origins of the Celts	\$10		
	152	British at Los Alamos ZM	\$10		
	153	Labyrinths	\$10		
	154	Book of Kells	\$10		
	155	Book of Kells ZM	\$10		
	156	History of Codes	\$10		
	157	Armored Juggernauts	\$10		
	158	Globalization & Liberal Democracy	\$10		
	159	Grapes of Roth ZM	\$10		
	160	Austin Book Group	\$10		
	161	Summit Book Group	\$10		
	162	Holmes Book Group ZM	\$10		

✓ Check (on this side) the classes you would like to take				Office Use Only	
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	163	West Mesa Book Group*	\$10		
	164	Singing the Show Tunes	\$65		
	165	Olivia Newton-John ZM	\$10		
	166	Michael McDonald ZM	\$10		
	167	5th Dimension ZM	\$10		
	168	Earth, Wind & Fire ZM	\$10		
	169	Mardi Gras ZM	\$10		
	170	Hazel Scott ZM	\$10		
	171	Franz Liszt ZM	\$10		
	172	Tanya Tucker ZM	\$10		
	173	Crosby, Stills, Nash, & Young ZM	\$10		
	174	Electric Light Orchestra ZM	\$10		
	175	Robertson Violin Tour*	\$15		
	176	Emerson, Lake, & Palmer ZM	\$10		
	177	Oldies Sing-Along	\$12		
	178	Flambeaux Mardi Gras	\$12		
	179	St. Patrick's Day Music	\$12		
	180	Bach Lecture/Recital*	\$12		
	181	The Merlettes	\$12		
	182	Oasis Entertainers	\$10		
	183	Free Write	\$18		
	184	Storytelling	\$35		
	185	SoulCollage®	\$18		
	186	Love & Asperger's	\$10		
	187	Memoir Writing	\$15		
	188	Kadampa Meditation Center*	\$15		
	189	Holy of Holies*	\$10		
	190	Frederick Buechner	\$10		
	191	Buechner's Telling the Truth	\$10		
	192	Problem with Fairness	\$10		
	193	Socrates & Today's World	\$10		





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



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## 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,

January 4, 2023, 10:00am

& continues throughout the term.

See pages 67-68.

Classes begin Monday, January 9, 2023

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

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

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

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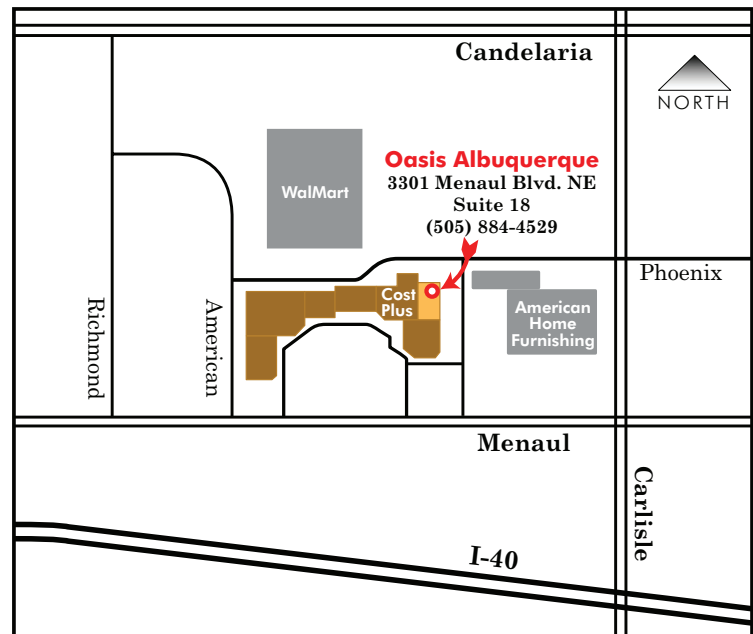
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