

**CLASSES MAY - AUGUST 2023**

Registration opens:

Wednesday, May 3, 2023

10:00am



# SUMMER 2023

Lectures, health & wellness programs, art workshops, hikes, performances, field trips, & more!



Sponsored by:



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

We are looking forward to a new summer term at Oasis! Many of you experienced frustration and disappointment when registering for classes in January. We sincerely apologize for that - part of it is because so many of you are interested in the educational programs we offer! We have worked with our tech support department this spring to make it a better experience for you and hope it works. We ask for your patience as we try to resolve the speed issue. If you do not get into a class (or other offerings), please go on the wait list. That tells us the demand, and if possible, we will contact the instructor to see if we can add another session.

Second, you will notice that we have increased the price of classes. We dropped the \$10 per term processing fee 3.5 years ago which caused a decrease in revenue just as the pandemic broke out. And, as with many organizations, our operating costs have increased during the last few years. We still feel Oasis provides an excellent product for a fair price!

Oasis needs your help expanding our audience. Please pick up a few catalogs at the front desk to encourage your family, friends, and neighbors to join Oasis for classes.

And finally, we pride ourselves on our personal service to you. Lisa, Vicki, Cynthia, Sylvia, Becky, Ali and I are all determined to make Oasis a hospitable, welcoming center. We value your friendship and loyalty to Oasis.

Sincerely,



Kathleen Raskob  
Executive Director

*Oasis staff from left to right: Sylvia, Vicki,  
Kathleen, Becky, Lisa, Cynthia, Ali*

## Our Mission

By offering challenging programs in the arts, humanities, science, wellness, and volunteer service, Oasis creates opportunities for older adults to continue their personal growth and meaningful service to the community.

## Oasis Affiliation

Oasis Albuquerque is a non-profit organization affiliated with the Oasis Institute in St. Louis, Missouri, which was founded in 1982. Nationally, Oasis is active in over 250 communities and reaches more than 50,000 individuals each year.

## Join Oasis

Oasis is open to all adults regardless of gender, race, creed, ethnicity, age, national origin, or religion. To join, complete the New Participant Form available at the Oasis office or on the inside back cover of this catalog. Or join Oasis online at [www.oasisabq.org](http://www.oasisabq.org).

## The Oasis Center

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

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

Mail: PO Box 35518, Albuquerque, NM 87176

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

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

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

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



## Oasis Class Formats

Oasis offers classes in 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 **39-40** 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).

**Make sure you read our weekly e-blasts to receive up-to-date news on added classes and other news!**

*On the cover:* Armijo Hike, Rail Runner  
(Photo courtesy of Rail Runner)

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**See pages 50-52 for important policy & registration information.**





## Giving Just a Little of Your Time Each Week...

- + Helps a Child Feel Important
- + Builds Self-Esteem
- + Encourages Reading & Learning

Share your love of reading with a student. Become a tutor, mentor, and friend by joining the Oasis Intergenerational Tutoring program.

**One mentor, one student, one hour, once a week.  
Two lives forever changed.**

For more information and to learn how you can become an Oasis Tutor, visit [oasisabq.org/tutoring](https://oasisabq.org/tutoring) or call (505) 884-4529.



### Thank you to our tutors

Thank you to all of our 300 Intergenerational Tutors/mentors for supporting 450 students this 2022/23 school year. You make a difference one student at a time! An honor list of tutors can be found on our website at [oasisabq.org/tutoring](https://oasisabq.org/tutoring).

### Thank you to our contributors

Donors that made contributions between February 26, 2022 and February 22, 2023 are listed on pages 40-42. Your generosity expands our program possibilities and creates opportunities for older adults to continue their personal growth and service to their community. We appreciate your support.

### Thank you to our volunteers

It takes a large group of dedicated volunteers to support Oasis. Some you see when you visit; others work behind the scenes to make everything run smoothly; and a few hundred volunteers mentor students in reading. We are grateful for your enthusiasm, dedication, and support!

### Thank you to our instructors

Thank you to all of our instructors who share your expertise. Because of you, we continue to learn something new with every program. A special thank you goes to a number of you who not only share your expertise but graciously volunteer your time and talent each semester.

## LECTURES

## ARTS

**Free-Spirited Pastel Abstracts:  
Workshop**

Susan Roden

**Mon & Tue**      **May 22 - May 23**      **12:30 - 3:30**  
**Fee: \$55**      **2 sessions**       **Oasis**

*Photo courtesy of Susan Roden*

Back by popular demand! With an emphasis on creating lines, shapes, and color, rather than technical ability, this makes it 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 emerges 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 past president of the Pastel Society of New Mexico. She is noted for her pastels, as well as other media, and maintains a local art studio. She has exhibited nationally, and her paintings have been featured in *Décor & Style*,

*The Pastel Journal*, *San Diego Home/Garden Life-styles*, and *Pastel Artist International Magazine*.

**Kei & Molly Textiles Tour****102**

Kei Tsuzuki &amp; Molly Luethi

**Thursday**      **May 25**      **10:00 - 11:00**  
**Fee: \$18**       **Kei & Molly Textiles**

Back by popular demand! 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. As a team, they hope to build success greater than mere profits.

**Introduction to Quilling: Workshop****103**

Elizabeth Potter

**Monday**      **Jun 5**      **9:00 - 1:00**  
**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 paper 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 paper coils, circles, triangles, marquise, and a few more. You'll have the





## CONSUMER INFORMATION

### Verdes Cannabis Dispensary Tour 1 107

Kelly Butterman

**Wednesday Jun 14 10:00 - 11:30**  
**Fee: \$18**  **Verdes Dispensary**

Have questions about cannabis but don't know who or how to ask? Want to know more about what to do when you visit a dispensary? Verdes Cannabis invites you to take a one-hour tour, then spend time in the dispensary while Kelly Butterman and staff help you. You will be able to ask questions, view products, and learn more about cannabis from a local 12-year-old dispensary that specializes in education. *Limited enrollment.*

Kelly Butterman 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.

### Verdes Cannabis Dispensary Tour 2 108

Kelly Butterman

**Monday Jul 10 10:00 - 11:30**  
**Fee: \$18**  **Verdes Dispensary**

*See class description and bio in class #107.*

### Duran Central Pharmacy History & Tour 109

Mona Ghattas

**Thursday Jul 27 9:30 - 10:30**  
**Fee: \$18**  **Duran's Central Pharmacy**

Back by popular demand! Duran Central Pharmacy (Duran's), the iconic independent drugstore near Old Town, has been in business since 1942, providing pharmaceutical resources to our community,


as well as serving up quality New Mexican food. The Ghattas family purchased Duran's from Pete Duran in 1965. Our tour begins at Remedy, a cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas provides the history and then leads a tour of the pharmacy. *Limited enrollment.*

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

## CURRENT EVENTS

### Social Media, Misinformation, & the Generation Gap 110

Jessica Feezell

**Monday May 15 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

The internet and social media are regular parts of everyday communication today. While online platforms have the potential to grow knowledge, promote communication, and facilitate democratic engagement, the increasing prevalence of misinformation and disinformation online is deeply concerning. In this lecture, Feezell discusses how online political engagement differs across generations and how to promote digital media literacy among segments of the population who are most likely to spread political misinformation online.

Jessica Feezell earned her PhD from UC Santa Barbara and is an associate professor of political science at UNM, where she studies and teaches American politics and political communication. Her research draws on scholarship in political behavior, media effects, social media and information technology, and public policy.

**Update on Ukraine ZOOM****111**

Edward Verona

Friday

May 19

10:00 - 11:30

Fee: \$12

Zoom



Back by popular demand! Join Ed Verona for an update on the Russian invasion of Ukraine, including his personal impressions based on visits to Ukraine and experience with Russian business. He discusses the international response to the continuation of war, an assessment of the impact of Western sanctions on the Russian economy, and observations on the political consequences of the war within Russia. *This is a follow-up to a presentation given in 2022. You need not have attended that lecture to enroll in this one.*

Ed Verona is a former US Foreign Service Officer; former executive director of the Petroleum Advisory Forum (Moscow); oil and gas industry executive (ExxonMobil, Chevron, Texaco); former president of the US-Russian Business Council; chairman and president of the Trident Acquisitions; and senior advisor at McLarty Associates in Washington, DC.

**When the River Runs Dry: How Much Water Does New Mexico Have?****112**

Jason Casuga &amp; Lorna Wiggins

Thursday

Jul 6

2:30 - 4:00

Fee: \$12

Oasis

Back by popular demand! 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 and 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, he has spent the last 12 years working within the Middle Rio Grande Valley. Casuga 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 the areas of labor and employment law and is chair of the Oasis Albuquerque Board of Directors.

**The US & New Mexico As Viewed from Afar****113**

David Campbell

Monday

Jul 17

10:00 - 11:30

Fee: \$12

Oasis

A retired diplomat and NM attorney, David Campbell addresses the perceptions of the US and NM from abroad, both positive and negative. He touches on his work combatting maritime piracy and human trafficking in Africa and his role in the immigration process in South America. Campbell




also talks about the important roles that Albuquerque, the state of NM, and UNM play as global centers of cross-cultural understanding, international affairs, and language study.

David Campbell served as a Foreign Service Officer for the US Department of State from 2011-2017. His service included assignments in Mauritius, Seychelles, Ecuador, and Washington, DC. He is an attorney with wide-ranging experience in local government, having served as Albuquerque's CAO, city attorney, and planning director and as Rio Rancho City Manager. He is currently Mesa del Sol Chief Counsel. Campbell has a BA from Georgetown's School of Foreign Service, an MA in public administration, and a law degree from UNM.

### How Can You Participate in the Energy Transition? 114

*Brian Naughton*

**Wednesday Jul 19 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

We are undergoing a historic energy transition from fossil fuels to renewable energy technologies. From top-down global programs to bottom-up individual actions, there are many paths forward. This talk covers the challenges and opportunities of changing our energy system, starting from the big picture, and ending with specific ways you can participate right now, with a special focus on federal energy incentives and state programs like community solar.

Brian Naughton is working to deploy sustainable technologies to most benefit local communities. He previously worked in wind and solar startups as a renewable energy researcher at Sandia National Laboratories and as a senior analyst at the US Department of Energy's Wind Energy Technologies Office. He earned his PhD in materials engineering and his BS in mechanical engineering. Naughton has also earned certificates in

permaculture design and community solar development.

### The Supreme Court's Most Recent Term 115

*Andy Schultz*

**Thursday Aug 3 12:30 - 2:00**  
**Fee: \$12**  **Oasis**

### The Supreme Court's Most Recent Term ZOOM 116

*Andy Schultz*

**Thursday Aug 3 12:30 - 2:00**  
**Fee: \$12**  **Zoom**

Last year, the Supreme Court's docket was dominated by high-profile cases dealing with abortion, religious liberty, and gun control. The Court's most recent term was just as momentous. The Court handed down rulings on affirmative action, voting rights, free speech, and LGBTQ rights. The term also marked Justice Jackson's first full year as a member of the Court. This talk surveys the Court's most recent term and examines several of the Court's most important decisions.

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.

**Make sure you read our weekly e-blasts to receive up-to-date news on added classes and other news!**

## FILM & TV

### We'll Always Have Paris: Celebrating *Casablanca* at 80 ZOOM 117

Dan Sherman

Wednesday May 17 12:30 - 2:30  
 Fee: \$12  Zoom

Although conceived as a standard studio film, *Casablanca* was quickly recognized as a great romantic film, full of memorable characters and iconic lines, all supported by one of Hollywood's greatest scores. This class provides the backstory to the film, places it within the studio production system, and describes how it developed from an unfinished script when shooting began into the Best Picture of 1942. The talk also includes clips from the movie, discusses its actors and creators, and highlights reasons for its appeal.

Dan Sherman, PhD, is an economist whose interests include opera and American musical theatre. Since 2010, he has given many talks and classes on film, film music, classical composers, and great musical theatre composers and lyricists. Sherman has spoken to lifelong learning groups, university groups, and social groups in the Washington, DC area and throughout the country via Zoom.

### The Magic of Fred Astaire ZOOM 118

Brian Rose

Tuesday Jun 13 12:30 - 1:45  
 Fee: \$12  Zoom

Fred Astaire was one of the 20th century's greatest dancers on film. He made some of the most complex dancing seem as effortless as breathing. Whether it was partnering with Ginger Rogers, Rita Hayworth, Cyd Charisse, or a hat rack—or dancing on the ceiling or on roller skates, he made everything appear easy and elegant. Astaire appeared in a total of 133 dance numbers

in 31 films, many considered as timeless classics of movie choreography. This talk covers the sweep of Astaire's remarkable career.

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. Rose has conducted over a hundred Q&As with leading directors, actors, and writers for the Academy of Motion Picture Arts & Sciences, the Screen Actors Guild, and the British Academy of Film & Television Arts.

### The Fabulous Katharine Hepburn ZOOM 119

Dan Sherman


Wednesday Jun 21 12:30 - 2:30  
 Fee: \$12  Zoom

Born to a wealthy family, Katharine Hepburn quickly rose to early fame, winning the first of her four Oscars (a record) when only 26 years old, though she soon became "box office poison." She quickly brought about her own comeback with *The Philadelphia Story* and became an icon of screen in both dramatic and comedic roles. This class includes many performance excerpts (including her single stage musical) and discusses her screen persona as an independent woman, her legacy, and her life, including her relationship with Spencer Tracy.

See bio in class # 117.

### From Pitch to Program: How a News Story Makes It to Air 120

Kathleen McCleery

Wednesday Jul 19 12:30 - 2:00  
 Fee: \$12  Oasis

Get a behind-the-scenes look from PBS News-Hour producer and special correspondent Kathleen McCleery. McCleery gives you insights and

details about the making of two national news stories, “Hearts in Ukraine” focused on students at the Armand Hammer United World College and “The Plastic Problem,” which highlighted a YouTube campaign to clean up waterways. Learn about pitfalls and surprises in the field, what gets green-lighted, and how editors help shape a piece. Finally, understand what prompts newsroom managers to air a story.

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

## FOOD & NUTRITION

### Fiber & Fermentation: Good Gut Health Cooking Demo 121

Renee Euler

Thursday Jun 29 10:00 - 12:00  
Fee: \$35 Oasis



Fiber and fermented foods can support a healthy gut microbiota. Learn about the health benefits of fiber, fermented foods, and prebiotic

and probiotic foods, as well as how to include more of these foods in your diet. Join Renee Euler as she demonstrates how to make tempeh lettuce wraps, miso-sesame dressing, and yogurt bowls with chia seed jam. *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 bachelors and masters degrees in nutrition from UNM. Euler is also a faculty member at CNM.

### Reduce Your Sugar Intake & Still Enjoy Life! 122

Renee Euler

Thursday Jul 13 12:30 - 2:00  
Fee: \$12 Oasis

We frequently hear about the dangers of too much sugar in our diets, but how much is too much? In this class, Renee Euler presents realistic ways to reduce added sugar in your diet without being overly restrictive or sacrificing flavor or pleasure. She also discusses where sugar comes from in our diets, how to make better choices, how to read nutrition labels, and the scoop on natural versus artificial sweeteners.

See bio in class # 121.

### Meals on Wheels: Field Trip 123

Shauna Frost

Tuesday Jul 18 11:00 - 1:00  
Fee: \$20 Meals On Wheels

Back by popular demand! Meals on Wheels of Albuquerque has been serving well-balanced meals since 1972. Today, they deliver over 140,000 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. A boxed lunch is provided by Meals on Wheels Catering, along with a healthy cooking demonstration presented by kitchen manager, Robin Falconer. *Limited enrollment.*

Shauna 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 nine years.

## HEALTH

## A Matter of Balance

Teresa Fulton &amp; Elena Perez

<b>Wednesdays</b>	<b>May 10 - Jun 28</b>	<b>10:00 - 12:00</b>
<b>Fee: Free</b>	<b>8 sessions</b>	 <b>Oasis</b>

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-week, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (in sessions 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 Blue Impact grant from Blue Cross and Blue Shield of New Mexico.*

## Natural Remedies for High Cholesterol Management 125

Li Xu

**Tuesday**      **May 16**      **12:30 - 2:00**  
**Fee: \$12**       **Oasis**

High cholesterol affects almost two in five adults in the United States. In this lecture and hands-on presentation, Li Xu shares up-to-date knowledge on cholesterol and ways to reduce high cholesterol. She details natural approaches you can incorporate into your daily life, including nutrition, herbs, and acupressure.

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.

## Atrial Fibrillation: The Heart Rhythm Epidemic 126

*Neal Shadoff*

<b>Monday</b>	<b>May 22</b>	<b>10:00 - 11:30</b>
<b>Fee: \$12</b>		 <b>Oasis</b>

We hear about atrial fibrillation (Afib) often these days. Cardiologist Neal Shadoff reviews the different types of irregular heart rhythms, their causes, and how to recognize and diagnose Afib. He covers the risks of Afib and possible treatments—from those drugs advertised on TV to surgery. Shadoff's presentation gives you everything you need to know about Afib, but didn't want to ask!

Neal Shadoff, MD, is a retired Duke-trained cardiologist with 38 years of practice experience. He has collaborated on more than 50 medical re-

search trials and has published articles in medical journals and textbooks. The guiding principle of his career was that the secret to best taking care of patients is caring about the individual patient.

## Exercise for the Rest of Us 127

Jaren Trost

**Wednesday Jun 7 2:30 - 4:00**  
**Fee: \$12** Oasis



Experts agree we need exercise. But that doesn't have to mean training for a marathon. Learn the benefits of moderate exercise throughout your day, at your pace, and for your lifestyle. Whether it's going to your grandkid's soccer game or maintaining independence, exercise can help you live healthier while doing the things you want to do. *Limited enrollment.*

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

## Can We Improve Cognition As We Age? 128

Janice Knoefel

**Tuesday Jun 20 12:30 - 2:00**  
**Fee: \$12** Oasis

Back by popular demand! As we age, our brains change, sometimes for the good, 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 our favor to preserve, and even enhance, 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 prevention of the neurological diseases of aging.

## Superconscious Meditation: A Single Focus Meditation Practice 129

Rennie Maguire

**Thursday Jun 22 10:00 - 11:30**  
**Fee: \$12** Oasis

Back by popular demand! Having difficulty concentrating? Beset by unruly thoughts? 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. Limited enrollment.*

Rennie Maguire is 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.

## Hands-Only CPR & AED Use with the Resuscitation Rangers 130

*Resuscitation Rangers*

**Thursday Aug 10 12:30 - 2:00**  
**Fee: \$6**  **Oasis**

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

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

## Understanding Alzheimer's & Dementia 131

*Alzheimer's Association NM Chapter*

**Wednesday Aug 16 10:00 - 11:30**  
**Fee: \$6**  **Oasis**

Nearly 11% of adults over age 65 have Alzheimer's, and the prevalence increases to 33% in adults over age 85. Join the Alzheimer's Association for a review of the difference between Alzheimer's and dementia, as well as Alzheimer's stages, risk factors, research, and FDA-approved treatments. Mild cognitive impairment, normal age-related changes, and cognitive changes that may be reversible are also discussed. Knowledge is power for proactive management of dementias.

The Alzheimer's Association, New Mexico Chapter is a non-profit that provides support, fundraising, and advocacy on behalf of the 43,000 New Mexicans with Alzheimer's disease and their 85,000 unpaid family caregivers. This Chapter is a community-based, volunteer-driven non-profit that maximizes collaboration with other public and private agencies. Their mission is to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

## Reverse Heart Disease, Prevent A Heart Attack 132

*David Schade*

**Monday Aug 21 12:30 - 2:00**  
**Fee: \$12**  **Oasis**



Heart attacks kill more people every year than all the cancers combined. Every day, ten people in New Mexico have a heart attack. Half of these people die before reaching an emergency room. This tragedy is unnecessary. Heart disease is not just preventable, it is reversible! All you need to know are a few facts about yourself. David Schade helps you identify those facts and convinces you that you do not have to become another statistic.

David Schade, MD, is a distinguished professor of medicine and chief of Endocrinology at the Department of Internal Medicine, UNM School of Medicine. He specializes in the causes of heart



disease, diabetes, and endocrine diseases. Schade is a teacher, researcher, and clinician. He believes that prevention is much better than treatment of a disease.

### Improving Balance & Decreasing Fall Risk through Exercise 133

Morgan Fry

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

Exercise does more than keep your bones and muscles strong. It maintains the connections between your extremities and brain, while keeping your coordination or “reflexes” in shape. In this class, Morgan Fry discusses the basis for exercises to improve balance and shows you how to do them safely and effectively. Learn simple exercises and strategies to improve balance and decrease fall risk. *Please wear shoes that secure to your feet and comfortable clothing. Limited enrollment.*


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

**Make sure you read our weekly e-blasts to receive up-to-date news on added classes and other news!**

## HISTORY

### Rocket on the Rails: The Launch of the Railroad Revolution 134

Kirk Gulledge


**Thursday May 11 2:30 - 4:00**  
**Fee: \$12** 

In 1829, a new design of the steam locomotive called the “Rocket” was developed by George Stephenson in Newcastle, England. It set new records for speed, strength, and reliability, which suddenly made the use of steam railroads practical for mines and for moving people and materials. In fact, it set off a revolution in transportation which reverberated here in the US and around the world. This is that story.

Kirk Gulledge is a retired developer of retirement communities. He has a doctorate in gerontology from the University of North Texas and a continuing passion for travel and learning. He and his wife now live in Florida, but he was actively involved in Oasis while he lived in Albuquerque. The current presentation comes from his travel discoveries which he feels may be fascinating to others.

### Creating Paris as a European Center, 1600-1710 135

Charles Steen

**Friday May 12 10:00 - 11:30**  
**Fee: \$12** 

Cardinal Richelieu and Louis XIV wanted to make Paris the new Rome and did an extraordinary job of attracting talent from all of Europe. Louis XIV oversaw the success of the project by 1680 but then turned away from the city when he realized the independent nature of the creation. He left for Versailles, where he could enjoy some of the culture without seeing the freedom of expression that accompanied it.

Charlie Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He continues to teach western civilization at UNM part-time and is 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.

### **Jews in the Manhattan Project ZOOM 136**

*Jack Shlachter*


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

Los Alamos officially became a town in 1943 with the creation of the Manhattan Project and the secret science community. A 1945 snapshot of the theoretical division roster at Los Alamos reveals a leadership structure that is disproportionately of Jewish heritage. Of the roughly 80 individuals in the division, four (all Jewish) would go on to become Nobel Laureates. In this talk we meet members of this leadership team as well as some key Jewish scientists outside the theoretical division.

Jack Shlachter is a physicist who spent most of his career at Los Alamos National Laboratory. In parallel, Shlachter 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.

### **The Black Death 137**

*Lizabeth Johnson*

**Friday Jun 9 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

In 1347, a highly infectious disease reached Europe's shores. That disease, which became known as the Black Death, spread rapidly from city to city, killing thousands and leaving few areas un-

touched. Physicians and priests offered little hope against the scourge, leading ordinary people to embrace false remedies and scapegoat vulnerable individuals. This class examines the medieval response to the plague as well as what more recent research has revealed about it.

Lizabeth Johnson is an Albuquerque native and received her PhD in medieval history from the University of Washington. Her graduate studies included medieval history; renaissance and reformation history; and late antiquity. Johnson's specific area of research is medieval Welsh history. She has published articles on the law and courts of fourteenth century Wales.

### **Stonehenge & Avebury - Sacred Sites of England 138**

*Maya Sutton*

**Wednesday Jun 28 12:30 - 2:00**  
**Fee: \$12**  **Oasis**

Surprise! Stonehenge is not a stand-alone stone circle. It is the centerpiece of a large megalithic complex that began 3,500 years ago. New research shows burial mounds, ritual shrines, massive pits, and 17 more features. The more ancient Avebury is the largest stone circle in Europe. Nearby is Silbury, the biggest manmade hill in Europe, and the gigantic West Kennet mound. Could these sacred places have been for rituals to simulate journeys through the underworld?

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She taught courses in Celtic mythology and history at UNM. She has been to Stonehenge twice and has stayed for weeks at Avebury. She prefers being with the Avebury stones alone at night, seeing the constellations as the builders saw them thousands of years ago.

## Feathered Friends: A History of the Domestication of Birds 139

Matthew Barbour

Wednesday Jul 12 12:30 - 2:00  
Fee: \$12 



Birds have been raised by humans for a variety of reasons. The red junglefowl was domesticated in Southeast Asia into what became the chicken around 8,000 years ago. However, this is far from the only place where domestication occurred. Matthew Barbour explores the relationship between birds and humans across the globe, focusing on lesser known domesticates, such as the Muscovy duck of South America and the guinea fowl native to Sub-Saharan Africa.

Matthew Barbour holds BA and MA degrees in anthropology from the UNM and works for the New Mexico Department of Cultural Affairs. Currently, Barbour is the Deputy Director of New Mexico Historic Sites. Throughout his career, he has published over 200 nonfiction articles and monographs. In 2012 and 2014, Barbour was awarded the City of Santa Fe Heritage Preservation Award for Excellence in Archaeology.

## Hildegard von Bingen: Mystic, Musician, & Medic 140

Timothy Graham

Wednesday Aug 16 12:30 - 2:00  
Fee: \$12 

Hildegard von Bingen (1098–1179) is one of the most remarkable women of all time. Experienc-

ing visions from age five, she started recording them in her forties. She wrote music of striking originality, two books on medicine, and invented a language. She corresponded with leading figures of her time— kings, popes, and saints. Graham explores every aspect of Hildegard's accomplishments and examines the remarkable paintings of her visions made under her supervision.

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 co-author of *Introduction to Manuscript Studies*.

## The Ancient Greek City of Siracusa 141

Dirk Van Hart

Thursday Aug 17 12:30 - 2:00  
Fee: \$12 

This talk merges the geology and history of the Mediterranean city of Siracusa (namesake for New York's Syracuse), located on the southeast coast of Sicily. Siracusa was founded in 734 BC by Greek colonists and was an immensely powerful city until conquered by Rome in 212 BC. The modern Italian city is built atop the ruins of the previous "occupiers," hence the adage, "If you want to experience ancient Greece, go to Sicily!"

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.



## LITERATURE

**Austin Book Group 142**

Mary Bibeau

**Tuesdays**      **May 9 - Aug 8**      **1:30 - 3:00**  
**Fee: \$12**      **4 sessions**       **Oasis**

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: May 9 - *Olive Kitteridge* by Elizabeth Strout; Jun 13 - *The Woman in the Library* by Sulari Gentill; Jul 11 - *Wish You Were Here* by Jodi Picoult; and Aug 8 - *Harvey Houses of New Mexico: Historic Hospitality from Raton to Deming* by Rosa Walston Latimer. *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 143**

Merrie Courtright

**Tuesdays**      **May 16 - Aug 15**      **11:00 - 12:30**  
**Fee: \$12**      **4 sessions**       **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: May 16 - *Dead Wake: The Last Crossing of the Lusitania* by Erik Larson; Jun 20 - *They Were Her Property: White Women as Slave Owners in the American South* by Stephanie E. Jones-Rogers; Jul 18 - *Washington's Crossing* by David Hackett Fischer; and Aug 15 - *Arabian Jazz* by Diana Abu-Jaber. *Limited enrollment.*

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

**Holmes Book Group ZOOM 144**

Betty Whiton &amp; Mary Tabor


**Tuesdays**      **May 16 - Aug 15**      **1:00 - 2:30**  
**Fee: \$12**      **4 sessions**       **Zoom**

The Holmes Book Group meets on the third Tuesday of every month. Book selections are: May 16 - *The Sorcerer of Pyongyang* by Marcel Theroux; Jun 20 - *The Path Between the Seas: The Creation of the Panama Canal, 1870-1914* by David McCullough; Jul 18 - *The Last Bookshop in London: A Novel of World War II* by Madeline Martin; and Aug 15 - *The Cellist* by Daniel Silva. *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 145**

Linda Castagneri &amp; Mary Herrmann Hughes


**Wednesdays**      **May 17 - Aug 16**      **1:30 - 3:00**  
**Fee: \$12**      **4 sessions**       **Open Space Visitor Center**

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: May 17 - *Pigs in Heaven* by Barbara Kingsolver; Jun 21 - *In Montmartre: Picasso, Matisse and the Birth of Modernist Art* by Sue Roe; Jul 19 - *People of the Book* by Geraldine Brooks; Aug 16 - *Tortilla Flat* by John Steinbeck. *Limited enrollment.*

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

**To Rhyme is Not a Crime 146**

Scott Wiggerman


**Thursday Jun 8 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

Scott Wiggerman leads a look at the various techniques of using rhyme in modern poetry, from traditional pure rhyme to various types of slant rhyme to unconventional types of rhyme like anagram rhyme, inclusion rhyme, reverse rhyme, and others. Wiggerman clarifies the many ways to rhyme, provides actual examples of them, and does a few short exercises to develop an appreciation for various approaches to rhyme, many of which can be used not only in formal poems, but in free verse. Be prepared to rethink rhyme!

A member of the Texas Institute of Letters, Scott Wiggerman is the author of three books of poetry: *Leaf and Beak: Sonnets; Presence; and Vegetables and Other Relationships*.

**MUSIC****Singing the Show Tunes 147**

Irma Reeder &amp; Scott Hooker

**Tuesdays May 16 - Aug 15 10:15 - 11:45**  
**Fee: \$70 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 (8/1, 8/8, 8/15) 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! *Note: Participants are not required to read music or have previous musical experience to join us. (No class July 4.)*

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!

**Wagner's Made-Up Mythology! 148**

Frederick Walter

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

*Tolkien, Star Wars, Harry Potter, Game of Thrones*—we owe them all to the granddaddy of fantasy sagas, *The Ring of Nibelung*. Richard Wagner's opera cycle is the most colossal event in the performing arts, yet it packages Wagner's own made-up mythology—a storyline that doesn't reflect German myth (which is sparse and confused) but is so gripping and exciting that folks mistake it for the real deal! In this mind-boggling presentation, discover the true birthplace of today's mesmerizing books, films, and prime-time events!

Frederick Walter is a program annotator & PR writer for Opera Southwest, Lyric Opera of Chicago, and Houston's Grand Opera and Society for the Performing Arts. He was a fine arts broadcaster and scriptwriter for Houston and San Francisco's NPR stations. He translated eight Jules Verne novels from French to English for various academic presses.

**Reminder: you can register at any time throughout the term.**

## PERFORMANCES

### Tracey Whitney Performs Classic Jazz & Sophisticated Soul 149

Friday May 19 2:00 - 3:30  
 Fee: \$15 Oasis



Photo courtesy of Tracey Whitney

Enjoy a smooth and sophisticated afternoon performance with soulful singer Tracey Whitney. She combines 50 years of music and entertainment experience as she performs selections of jazz, soul, R&B, and pop music with Sid Fendley on keyboards.

Tracey Whitney began performing with The Whitney Family at age 11. She was later a "Raelette" with the legendary Ray Charles. Whitney frequently performs her brand of classic jazz and sophisticated soul throughout Albuquerque. She has received a NM Music Awards Best Vocal Performance nomination in 2017 and more recently was appointed a Music Commissioner for the State of New Mexico under Governor Michelle Lujan Grisham.

### Staged Reading of the Play, *Hunker Down*

150

Robert Benjamin


Friday Jun 9 2:00 - 3:30  
 Fee: \$15 Oasis



Photo courtesy of Robert Benjamin

In this staged reading of the play, *Hunker Down*, a lonely widow and a reclusive curmudgeon are neighbors who dislike each other, but together strive to cope with the isolation during the lockdown of 2020. Despite good intentions, they clash until they magically find common ground. With the "new normal" on the horizon, the widow prefers her old normal. In this upbeat, heartwarming romantic comedy, can the curmudgeon make her a better offer?

Robert Benjamin, the author of *Hunker Down*, is a retired research physicist who has become a playwright since retirement. He has produced a number of full-length plays, short plays, a short film, and an operetta. Today's cast includes Duchess Dale and Don Converse. Dale's credits include her award-winning role as Annie Sullivan in *The Miracle Worker* and Truvy in *Steel Magnolias*. Converse's roles include Henry Ford in *False Witness* and Reverend Salvation in the musical, *The Cradle Will Rock*. His TV roles include an episode of *Better Call Saul*.

**Eileen and the Cross Country Band 151**  
**Friday Jun 23 2:00 - 3:30**  
**Fee: \$15** 




*Photo courtesy of Cross Country*

If you like a mix of traditional, contemporary, and original country music, this performance is for you. Join Eileen and the Cross Country Band where you will recognize some tunes, sing along with other songs, and enjoy some new music. The band has been featured in *Albuquerque the Magazine* and can often be found at growers' markets around town or at several casinos and nightclubs. Come enjoy some toe-tapping music!

Eileen and the Cross Country Band has four members. Eileen Sanchez is lead vocals and rhythm guitar, Nora Utrup on bass guitar and vocals, Patrick Hickey on lead guitar, steel guitar and vocals, along with Frank Pacheco on drums.

**Alabados, Alabanzas, Inditas & Corridos: The Enduring Hispano Music of New Mexico 152**

Rob Martinez

**Friday Jul 7 2:00 - 3:30**  
**Fee: \$15** 



*Photo courtesy of Rob Martinez*

Learn how different styles of music relate to the history of our area and how songs preserve the history of a unique culture. This program is presented by Rob Martinez, a veteran of the New Mexico music scene who has performed Hispano folk music with his family for over 25 years.

Rob Martínez is a UNM graduate with a BBA in international business management, and an MA in Latin American history. He worked for 14 years as a research historian for the Sephardic Legacy Project. Martinez is also a folk musician, performing with his musical family both locally and nationally.



## Fred Harvey's Southwest Couriers: Chautauqua Performance 153

VanAnn Moore

Friday Aug 4 2:00 - 3:30


Fee: \$15 



Photo courtesy of VanAnn Moore


A new breed of courageous, intelligent, and hard-working women traveled west as Harvey Girls in the 1880s, and then as Southwestern Detour Couriers from the 1920s through the Great Depression. The college-educated detour couriers, or tour guides, were "walking-talking billboards," enlightening travelers about the history and unique beauty of the then little-known southwest. Grab your walking shoes, cameras, and a hat as we once again bump along the old dirt roads to take a detour of the grand Southwest!

VanAnn Moore has performed internationally as a singer and actress who researches, writes, directs, and stars in her own one-woman theater performances. She holds BA and MA degrees from the University of Colorado and the University of Denver respectively, and has performed and taught throughout the US and internationally.

## Oasis Entertainers Performance 154

Irma Reeder & Scott Hooker

Friday Aug 18 2:00 - 3:00

Fee: \$12 



Each trimester, enthusiastic singers enroll in the "Singing the Show Tunes" chorus group class #147. At the end of a fun and challenging time of rehearsal, this group presents an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit community of musicians performs music from stage and screen. All are invited to attend the latest tri-semester's musical adventure!

See bios in class #147.

## PERSONAL ENRICHMENT

### Memoir Writing: How to Tell Your Story 155

Norma Libman

Friday May 12 12:30 - 2:30

Fee: \$15 

Back by popular demand! 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 orga-

nize them into your own life story. *Bring paper and pen for writing exercises and you will have written a start to your memoir when the workshop is over. 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 *Lone River Village: A Novel of Secret Stories*.

### Introduction to SoulCollage® 156

Irene Newlon & Meg Whittle

**Wednesdays May 10 - May 17 1:00 - 3:00**  
**Fee: \$20 2 sessions**  **Oasis**

Back by popular demand! 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 changing moments, and help you simply live your life! *All supplies included. Limited enrollment.*

Irene Newlon is the former director of several non-profits and has been a consultant, trainer, and facilitator. She has a bachelors degree in English and a masters in sociology/education. 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.

### Taking Photos: Smartphone or "Real" Camera? 157

Tom Blejwas

**Wednesday May 24 10:00 - 12:00**  
**Fee: \$12**  **Oasis**

Smartphones cameras are great! But have you ever been tempted to get a "real" camera? Why would you? What do you need to learn to make the investment worthwhile? This class helps you answer those questions using photographic examples. Learn basic concepts in photography that may help you develop your own creative style. This class concentrates on still photography, with concepts that are applicable to video.

Tom Blejwas, a professional engineer, has been an amateur photographer since he was ten. Before his 30-year career at Sandia Labs, he taught engineering at Colorado and Oklahoma State Universities. He is honing his photography skills with books, courses, workshops, and travel.

### Building an Accurate Family Tree 158

Philip Spivey

**Thursday Jul 20 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

Learning about a family's history can be exciting and rewarding. It is easier now than ever before. Unfortunately, many family trees are filled with mistakes or are quickly stunted. This happens because people don't know how to find the answers or rely on faulty family trees and narratives created by others. Learn how to research like a professional genealogist, so you are confident that your information is as accurate as possible.

Philip Spivey is a professional genetic genealogist. He is past president of the Albuquerque Genealogical Society, and he is a member of the Association of Professional Genealogists and the National Genealogical Society. He has a Certificate in Gene-

alogical Research from Boston University, as well as several certificates from the Salt Lake Institute of Genealogy. He speaks extensively on genealogical research and DNA analysis and is the founder of the Facebook group “Talk Genealogy & DNA.”

## PHILOSOPHY, RELIGION, & SPIRITUALITY

### The Catholic Church Inside the Third Reich 1933-1945 159

Christopher Zugger


Thursday May 25 10:00 - 11:30  
Fee: \$12  Oasis

Hitler saw the Church as a major enemy. Within days of signing the concordat with the Vatican in 1933, persecution began. Learn about Catholic laity and clergy who fought Nazism, wavered, fully collaborated, or were martyred. Hear stories of people who helped rescue Jews; parents who fought for their children; brave journalists; and those who suffered in the camps, including 1,000 priests in Dachau. This is a little-known but fascinating and inspiring story.

Father Christopher Zugger is 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.

### Why People Are Leaving the Church 160

Frank Yates

Monday Jun 26 10:00 - 11:30  
Fee: \$12  Oasis

American life is witnessing a quiet exodus away from the church. People are leaving all kinds of churches – Roman Catholic, Orthodox, mainline

Protestant, as well as evangelical and fundamentalist churches. We explore this cross-denominational exodus, drawing on Barbara Brown Taylor’s excellent work *Leaving Church: A Memoir of Faith*.

Rev. 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.

### Jewish Ideas on Creating Civil Society 161

Paul Citrin

Thursday Jun 29 10:00 - 11:30  
Fee: \$12  Oasis

In a time when civil society seems to be unraveling, we use a variety of texts to examine how Jewish culture envisions building a society of respect, commitment, and toleration of disagreement. Material comes from the Bible, Talmud, and modern writing.

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

## SCIENCE, MATH, & NATURE

### Rio Grande Community Farm Tour 162

Rio Grande Community Farm

Friday May 12 10:00 - 12:00  
Fee: \$18  Rio Grande Comm. Farm


Tour the Rio Grande Community Farm within the Los Poblanos Open Space. RGCF staff cover topics including regenerative agriculture, water-wise irrigation, and soil health principles. They also

discuss community programs at the farm including master gardeners, micro-farmers, and the refugee farmer program. *Total walking distance is approximately 1.5 miles. Sunglasses and a hat are advised. Restrooms are available. Limited enrollment.*

Rio Grande Community Farm is a non-profit organization, growing fresh organic produce, and managing a community garden with educational programming. They advocate for sustainable agriculture and other initiatives that strengthen Albuquerque's bonds to its rich agricultural history. RGCF's mission is to connect people, earth, water, and wildlife in an urban setting.

### Trees of UNM Campus Tour 1 163

Ron Friederich

**Wednesday May 17 9:15 - 11:00**  
**Fee: \$15**  **Tree Tour at UNM**

Back by popular demand! Stroll through the University of New Mexico with Ron Friederich as he identifies and discusses some of the campus trees and other plants. An oasis in the high desert, the campus was designated an arboretum in 1994. *A hat, water, and sunglasses are advised. Restrooms available. Limited enrollment.*

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

### Trees of UNM Campus Tour 2 164

Ron Friederich


**Tuesday May 23 9:15 - 11:00**  
**Fee: \$15**  **Tree Tour at UNM**

*See class description and bio in class #163.*

### Llamas Up Close

165

Lynda Liptak

**Friday May 19 9:00 - 10:30**  
**Fee: \$35**  **Llamas del Sol**



Meet and greet llamas in this premium tour! These large, woolly creatures with big, dark eyes, and perky ears are captivating. Llama del Sol is a local non-profit organization that provides education about llamas, while rescuing and supporting them for adoption. Spend some up-close time while learning about llama behavior. Learn llama body language and how to approach to give a treat to these unique animals. *Closed-toed shoes, sun-screen, and water are advised. Limited enrollment.*

Lynda Liptak is the founder of Llamas del Sol. Her llama experience began in 2009 with two rescued llamas. She now coordinates rescues and adoptions as well as llama training. Her family has a number of permanent trekking llamas as well as a few rescue llamas in training.

### Planetary Defense - How Not to Go the Way of the Dinosaurs 166

Dwight Jennison

**Wednesday May 24 12:30 - 2:00**  
**Fee: \$12**  **Oasis**

The recent NASA Double Asteroid Redirection Test (DART) mission illustrates one method of deflect-



ing an asteroid. Burying then detonating a powerful nuclear weapon on an asteroid is another way to lessen asteroid impact. But neither would save a continent, let alone an extinction-level event. Jennison presents an alternative, practical option which is possible today.

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

### **The Nuclear Fuel Cycle ZOOM** 167

*Richard Malenfant*

**Thursday Jun 1 10:00 - 11:30**  
**Fee: \$12**  **Zoom**

The nuclear fuel cycle represents the progression of nuclear fuel from creation, or reuse, to disposal. Learn about the stages of this cycle, including the front end, which prepares the fuel, the steps where the fuel is used in the reactor operation, and the final steps which manage, contain, and dispose of the spent nuclear fuel. Dick Malenfant explains this complicated process in layman terms that we can all understand, including the impact on waste disposal.

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.

### **Animal Humane New Mexico Tour** 168

*Melissa Hubbell*

**Wednesday Jun 7 10:00 - 11:30**  
**Fee: \$15**  **Animal Humane New Mexico**



Learn about the state's leading private non-profit animal welfare organization serving more than 10,000 pets & people each year. Take a tour of the beautiful four-acre main campus, learn about Animal Humane's programs benefiting homeless and at-risk pets, as well as the wide variety services they offer community pet lovers. More importantly, you'll be introduced to the plethora of ways you can become engaged and help make a difference for New Mexico's pets. *Limited enrollment.*

Melissa Hubbell is the Senior Manager of Outreach & Volunteer Programs at Animal Humane New Mexico. Her team oversees Animal Humane's volunteer program with over 450 active volunteers, a Humane Education program, and several intake intervention programs designed to keep people and pets together.

### **The Geology of Wine: Reign of Terroir** 169

*John Geissman*

**Wednesday Jun 7 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

The word *terroir* conjures up all sorts of things in one's mind. From the perspective of science and old grape juice, the term involves how climate, soil, geology, and viticulture all conspire to influ-

ence the character and quality of a wine from the essentials: the particular grape variety, rootstock, and viticultural practice. Explore the factors (e.g., water availability, soil structure, and landscapes affected by geologic processes) that affect the grape ripening process.

John Geissman is a professor emeritus of geoscience at the University of Texas at Dallas and the University of New Mexico. He received a BS, MS, and PhD in geology from the University of Michigan. He is a past president of the Geological Society of America (GSA) and editor for the *GSA Bulletin*. He has over 300 peer-reviewed science journal contributions.

### Sandia Mountain Ecology:

#### Lecture & Hike

170

Fiana Shapiro

Thursday

Jun 15

9:30 - 12:30

Fee: \$18

 Sandia Mt Natural History Center

This program, held at the Sandia Mountain Natural History Center (SMNHC), includes a two-mile nature hike (300-foot gain) with naturalists. Explore the ecology of the Sandias and how all the different parts work together. Staff discuss the scientific research happening at the Center and how that science helps us better understand the complex nature of the Sandia Mountain ecosystem. *Bring a sack lunch. Not handicap accessible; strenuous hike at a high elevation. Limited enrollment.*

Fiana Shapiro is an environmental educator and instructional coordinator with the SMNHC, employed by the New Mexico Museum of Natural History & Science since 2014. She has a degree in environmental studies from Northeastern Illinois University. Shapiro has worked as a wildlife field technician, environmental educator, and national park ranger all over the US (and in Borneo!).

### Dude, You Had One Job ZOOM

171

David Crossley

Thursday

Jul 13

10:00 - 11:30

Fee: \$12

 Zoom

The history of manufacturing, science and engineering is littered with failed projects. Often these mega mistakes cost mega millions and cause mega embarrassment. A few conspicuous examples are the Hubble Telescope's faulty mirror; 'Galloping Gertie' - the Tacoma Narrows Bridge; and Samsung phone's exploding batteries. The fallout from these gaffes has a puzzling but consistent lack of repercussions for the perpetrators. Crossley recalls some of the low points in the age of technology.

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

### Artificial Intelligence: The Promise, the Consequence, & the Future

172

Creve Maples

Thursdays

Jul 20 - Jul 27

12:30 - 2:30

Fee: \$24

2 sessions

 Oasis

The term artificial intelligence (AI) was coined in the 50s. Its fuzzy objective was to build machines at least as smart as humans. By the early 90s, AI research began focusing on 'machine learning,' and the field began to take off. Today, AI software is changing all aspects of technology, society, and our personal lives. Nowhere is the AI impact more apparent than in China, which has become a dominant player in the field. Like fire, AI has the potential to benefit or destroy us.

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 ad-

vanced 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.

### Mining: Minerals & Our Economy 173

Navid Mojtabai

Wednesday Jul 26 10:00 - 11:30  
Fee: \$12 Oasis



The mining industry provides raw materials, minerals, and metals that are critical to our economy. Navid Mojtabai introduces the importance of these and their production to our daily life. Learn about the challenges and difficulties the mining industry faces and deals with in order to provide these much-needed minerals for our use. Mojtabai provides an introduction to mining.

Navid Mojtabai has 32 years of experience in teaching and research related to mining. He is a graduate of New Mexico Tech, earning his BS & MS in mining engineering. He earned his PhD from the University of Arizona in mining engineering, with a minor in civil engineering. He is a professor and department chair of Mineral Engineering at NMT.

### When Weather Changed History 174

Deirdre Kann

Wednesday Aug 2 10:00 - 11:30  
Fee: \$12 Oasis

World history is often determined by the strategies of a general, the route of an explorer, or the migration decisions of a community. However, for hundreds of years, weather events have changed world history. In the past, we've investigated the science behind weather such as hurricanes, floods, winter storms, and droughts but this presentation focuses on how Mother Nature's forces have profoundly impacted our world.

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

### Earth's Beloved Oceans 175

Maya Elrick

Tuesday Aug 8 12:30 - 2:00  
Fee: \$12 Oasis

Over 70 percent of the Earth's surface is covered in oceans, yet we know more about Mars' surface than we know of our deep oceans. This class explores how and when the oceans first formed, how the oceans changed through geologic time, the anatomy of modern oceans from shorelines to the deep abyss, and the history of how the oceans became oxygenated to support the marine life we see today.

Maya Elrick is a Professor Emerita at the UNM Earth and Planetary Sciences Department. She received her MS and PhD at Oregon State University and Virginia Tech, respectively. Her research expertise is in sedimentary rocks with an emphasis on marine lime-

stones and how they inform us of ancient oceans, climates, and biologic changes.

### **Penguins Plus Tour 1** **176**

Lane Kirkpatrick

**Monday** **Aug 21** **9:30 - 11:30**  
**Fee: \$20**  **Albuquerque Zoo**

Back by popular demand! Lane Kirkpatrick, BioPark Zoo docent, leads a guided tour fo the Penguin Chill exhibit featuring 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. *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.

### **Penguins Plus Tour 2** **177**

Lane Kirkpatrick

**Tuesday** **Aug 22** **9:30 - 11:30**  
**Fee: \$20**  **Albuquerque Zoo**

*See class description and bio in class #176.*

## **SOUTHWEST**

### **Uranium & New Mexico** **178**

Paula Muir Watt

**Wednesday** **May 17** **10:00 - 11:30**  
**Fee: \$12**  **Oasis**


Uranium mining occurred for decades in New Mexico, and the state still contains significant deposits. The uranium industry contributed to the

war effort and provided jobs but had deleterious impacts on the environment and human health. We explore the characteristics of uranium, and how its unique properties were/are important to nuclear energy, as well as how some of those same properties have left a troubling legacy.

Paula Watt received her MS in geochemistry and mining geology from Cal State University, Los Angeles and PhD in geochemistry from UNM. She has taught geology courses for over 20 years at various universities, including UNM. Her fields of interest include geochronology, isotope geochemistry, radioactivity, radioisotopes, uranium chemistry, and environmental geology.

### **Exploration of Fort Stanton Cave: The Furthest Point from Daylight** **180**

Garrett Jorgensen Olague

**Tuesday** **May 23** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

Did you know that the furthest point from daylight lies underneath New Mexico? In 2001, the once humble Fort Stanton Cave became a world-class frontier after a new section was found that has led to the discovery of cave passages that go over 12 miles from the cave's entrance. Learn about the history, exploration, and what it takes to go to one of the most remote places under the earth.

Garrett Jorgensen Olague first started exploring and surveying caves at the age of 16 and within two years was participating in survey and science expeditions into some of the longest and most difficult caves in the US, such as Lechuguilla Cave, Fort Stanton Cave, Jewel Cave, and caves in the Grand Canyon. He has a degree in earth and planetary sciences and works as a geologist.



**Ranches to Rockets****181***Jim Eckles***Friday****Jun 2****12:30 - 2:00****Fee: \$12** **Oasis**

World War II changed New Mexico in many ways. One story not often told is how 3,200 square miles of south-central New Mexico went from being cattle and goat country to a cutting-edge rocket technology site. Jim Eckles talks about the cattle and goat industries around the Tularosa Basin and how they disappeared and the missile range emerged. Interestingly, the ranchers and rocket scientists, with their self-reliance and inventiveness, had a lot in common.

Jim Eckles worked for White Sands Missile Range for 30 years and has been a volunteer there since he retired in 2007. He is informally known as the "WSMR's historian." While at the range, he wrote and spoke extensively about the missile range mission and area history. Eckles arrived early enough at WSMR to meet the pioneers who invented the idea of a missile range.

**Don Perkins: Local Champion****182***Richard Melzer***Wednesday****Jul 12****10:00 - 11:30****Fee: \$12** **Oasis**

The late Don Perkins was the University of New Mexico's first All-American football player and one of the original Dallas Cowboys. His story is about his career in football, but there is so much more: as a broadcaster, actor, community leader, and even a truck driver. This presentation looks at the challenges Perkins faced, especially racism in sports and society in the 1960s. The presentation is based on Richard Melzer's new book, *Don Perkins: A Champion's Life*.

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.

**New Mexico State Fair:****The Biggest Show in New Mexico****183***Rodger Beimer***Wednesday****Aug 23****10:00 - 11:30****Fee: \$12** **Oasis**

Rodger Beimer first attended the New Mexico State Fair as part of an Explorer Scout group and was entranced. His professional life included decades as a local TV reporter covering the state fair and also as a state fair senior manager. Beimer knows what makes a good fair! From Clyde Tingley's declaration that he was the "Father of the Fair" to roping at the rodeo and riding the Tilt-A-Whirl, learn what makes the state fair New Mexicans' favorite event. During this lecture, Beimer relates the history of the state fair and shares some secrets (and good stories).

Rodger Beimer was born and raised in Taos and went on to a New Mexico television and broadcasting career, both on-air and administratively at KOAT-TV, KOB-TV, KZIA and KOB Radio.

**TECHNOLOGY****Programming with Python for Fun ZOOM****184***Joe Jung***Mon & Wed****Jul 31 - Aug 23****10:00 - 11:30****Fee: \$50****7 sessions** **Zoom**

This class is for anyone who would like to learn basic programming skills with Python, one of the newest and fastest growing computer languages. Through a series of entertaining coding projects,


learn universally foundational programming concepts, including variable types, loops, logical branching, and simple computer graphics. The last class includes an introduction to Object Oriented Programming, which is how most modern software is constructed. Note: you should have a reasonably current (Windows or Mac) computer updated to the currently released operating system. First class is installing Python software. (No class August 2.) *Limited enrollment.*

Joe Jung is a retired Sandia National Labs engineer. He produced his first key punch card in 1971 while studying engineering at the University of California, Davis, where he received his BS, MS, and PhD. While at Davis and Sandia, he studied how computer methods could be used to solve engineering problems. After retiring from Sandia, he taught physics, math, and computer science for APS.

## TRAVEL & TRIPS

### Walking the Camino de Santiago 185

Suzanne Blazier

Thursday May 18 10:00 - 11:30  
 Fee: \$12 



Join Suzanne Blazier for an overview of her long-distance walk across northern Spain along

the Camino de Santiago. She undertook this walk in fall 2019 at the age of 64. The route encompasses nearly 490 miles of mountains, valleys, countryside, cities, and small villages. Whether you plan to make a long-distance walk yourself, or are just curious about this ancient pilgrimage route, this talk will be informative and inspiring.

Suzanne Blazier retired from the State of NM in 2016 and walked the Camino Francés in 2019. This had been a goal of hers for years, as she has been an avid walker all her life. She has a masters in counseling psychology and is an author, recently publishing her memoir, *Prancing in the Pyrénées, Sloshing Through Galicia: My Way Along the Camino Francés*.

### Ride the Rail Runner to Lunch in Santa Fe! 186

Marie Morra

Wednesday Jun 28 9:30 - 2:30  
 Fee: \$50  Montañño Rail Runner

Have you always wanted to ride the Rail Runner? Join the Oasis group and travel to Santa Fe! Marie Morra, marketing specialist for the Rail Runner joins Oasis on our journey, providing the history and some trivia about the Rail Runner. After arriving in Santa Fe, walk to the original Tomasita's Mexican Restaurant for a traditional New Mexican lunch. Then, reboard the train and head back to Albuquerque. Enjoy the beautiful, scenic ride. *Lunch is included. Alcoholic beverages can be purchased separately.*

**Reminder:** you can register at any time throughout the term.

## MOVEMENT & EXERCISE

**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.**

### Fundamentals of Qigong 187

Marcia Pincus

**Tuesdays**      **May 9 - May 30**      **1:00 - 2:00**  
**Fee: \$32**      **4 sessions**       **Oasis**

Learn the principles of qigong, based on 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). 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 martial arts for over 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.

### Get Up, Get Down: Moving for Falls Risk Reduction 188

Athena Valerio-Hirschfeld

**Wed/Fri/Wed**      **May 17 - May 24**      **1:00 - 2:00**  
**Fee: \$24**      **3 sessions**       **Oasis**

Focus on balance, strength, and movement to stay active and reduce your risk of falls. These exercises and movements are geared toward improving your

overall strength and awareness of your own physical capabilities. Problem solving around getting up from the floor, based on your individual capabilities, is explored with opportunities each class to safely get down onto the floor and then safely get back up. *Limited enrollment.*

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

### Yoga for Brain Health 189

Gloria Drayer

**Tuesdays**      **Jun 6 - Jun 13**      **2:00 - 3:15**  
**Fee: \$20**      **2 sessions**       **Oasis**

Studies show yoga practice can improve cognitive function—specifically memory, attention, processing time, and executive function—for a clear and active mind. Join Gloria Drayer for a yoga practice that can elicit these benefits. We engage in a variety of yoga poses, breathing techniques, and meditation. *Wear loose, comfortable clothing. Please avoid eating two hours prior to class, and bring a mat or towel. Limited enrollment.*

Gloria Drayer is known for the intuition, empathy, and compassion she brings to her role as a certified 500-hour yoga instructor. She has taught for nearly 30 years. Her sessions are given in a non-competitive environment where people are encouraged to participate at a level that is healthful and enjoyable. She is co-author of the book *Yoga and Grief: A Compassionate Journey Toward Healing*.

**Yoga Pilates Fusion** **190**  
Marita Brookley  
Tue & Thu Jun 20 - Jun 29 1:00 - 2:00  
Fee: \$32 4 sessions Oasis

Join us for a class that blends the breathing and flexibility of yoga with the strength and stabilization of pilates. Create a strong core, which transfers power to the limbs, increases range of motion, and develops body awareness. Breathe deeply, relax, and stretch. *All work is done on the mat in various seated and lying positions. All levels are welcome, and modifications are provided. Bring a yoga mat, a large towel, and water. Limited enrollment.*

After a career as an art teacher, Marita Brookley became a NASM certified personal trainer, specializing in senior fitness. She holds a 200-hour yoga certification, a BFA in fine arts, and an MA in art education. She finds fitness instruction meaningful, as it helps people enjoy a healthy, independent life. She enjoys being active, especially through yoga and martial arts, and is a practicing artist.

**STRENGTH & RESISTANCE (S&R)**  
Benefits of resistance training include strength for functional activities (which helps maintain independence), strong bones, weight management, and reduced risk of injuries. This strength and resistance series targets each region of the body: Core (#191), Lower Body (#192), and Upper Body (#193). Join us for one or more of these classes.



**S&R: Core** **191**  
Marita Brookley  
Mon & Wed Jun 12 - Jun 14 1:00 - 2:00  
Fee: \$16 2 sessions Oasis

Engage in movements that aid in balance and contribute to proper posture, allowing limbs to move safely and efficiently. Work is done on the floor and includes traditional core exercises, as well as yoga and Pilates movements. *Seated modifications are available. Please bring a yoga mat or large towel. Limited enrollment.*

See bio in class #190.

**S&R: Lower Body** **192**  
Marita Brookley  
Mon & Wed Jun 19 - Jun 21 1:00 - 2:00  
Fee: \$16 2 sessions Oasis

Resistance training of the lower body is one of the best bone builders and defenses against falls. Our movements include a variety of standing and seated positions with body weight and/or resistance bands (provided by Oasis) to build strength. *Limited enrollment.*

See bio in class #190.

**S&R: Upper Body** **193**  
Marita Brookley  
Mon & Wed Jun 26 - Jun 28 1:00 - 2:00  
Fee: \$16 2 sessions Oasis

Upper body strength is needed for many daily activities and helps prevent injuries, especially in the shoulders. Practice seated and standing exercises—some isometric and some using weights and resistance bands (provided by Oasis)—that help strengthen the upper body. *Limited enrollment.*

See bio in class #190.



## Tai Ji Quan: Moving for Better Balance, Part 1 194

Cindy Russell

Mon & Wed Jul 3 - Aug 23 9:00 - 10:00  
Fee: Free 16 sessions Oasis

## Tai Ji Quan: Moving for Better Balance, Part 1 ZOOM 195

Cindy Russell

Mon & Wed Jul 3 - Aug 23 9:00 - 10:00  
Fee: Free 16 sessions Zoom

Want to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range-of-motion in this evidence-based program. *Limited enrollment.*

Cindy Russell followed her love of exercise to become a senior fitness and fall prevention specialist after years in business and finance. She is passionate about assisting older adults toward their desires to live healthfully. She holds a BA in human and community service and certificates in personal and group fitness, health coaching, and Tai Ji Quan: Moving for Better Balance.

## Tai Chi for Health Part 1 196

Ilene Dunn

Tue & Thu Jul 6 - Aug 29 11:00 - 12:00  
Fee: Free 16 sessions Oasis

## Tai Chi for Health Part 1 ZOOM 197

Ilene Dunn

Tue & Thu Jul 6 - Aug 29 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 class, known formally as Tai Chi for Arthritis and Fall Prevention, has been shown to ease joint pain and improve balance. The program was developed by Dr. Paul Lam with other medical professionals and Tai Chi experts of the Tai Chi for Health Institute. Movements are from Sun style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *Limited enrollment.*

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

## WALKS & HIKES

### Juan Tomas Open Space Hike 198

David Ryan


Wednesday May 10 8:30 - 11:30  
Fee: \$18 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.*

David Ryan is co-author 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).

**Shining River Walk** **199**  
Colston Chandler  
**Thursday** **May 11** **8:00 - 10:00**  
**Fee: \$15**  **Shining River Walk**

This 2.5-mile walk skirts the edge of a horse farm and allows viewing of the magnificent display of graffiti art on the underside of the Paseo del Norte bridge. We then walk south along the river to a shallow bay that is a spawning ground for endangered silvery minnows and return through the Bosque. *Bring water, hat, and sunscreen. Avoid sandals and open toe shoes. Limited enrollment.*

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

**David Canyon Hike** **200**  
David Ryan  
**Thursday** **May 11** **8:30 - 11:30**  
**Fee: \$18**  **David Canyon-Mars Court Trail**

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

*See bio in class #198.*

**Armijo Hike** **201**  
David Ryan  
**Monday** **May 15** **8:30 - 11:30**  
**Fee: \$18**  **Armijo Trail**

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

*See bio in class #198.*

**Bachechi Open Space: Accessible Walk** **202**  
Colston Chandler  
**Thursday** **Jun 1** **10:00 - 12:00**  
**Fee: \$15**  **Bachechi Open Space**

Do you yearn to be outdoors but feel limited by impaired mobility? The Bachechi Open Space contains a trail surfaced with finely crushed gravel


specifically designed for those who need to use wheelchairs, walkers with wheels, and canes. Ducks, geese, and turtles are usually in residence and there is an interesting garden. Come enjoy a relaxed summer morning in the outdoors. *Bring water, hat, sunscreen, and a snack or lunch if you want to to picnic afterward. Limited enrollment.*

*See bio in class #199.*

## SPONSORED CLASSES

**Oasis members must pre-register and pay the \$6 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). NIRR residents must pre-register at the hospitality desk.**

## NEIGHBORHOOD IN RIO RANCHO AND LA VIDA LLENA SPONSORED CLASSES

**NIRR English Travelers in the Eighteenth Century** **203**  
*Charles Steen*  
**Monday** **May 8** **3:00 - 4:30**  
**Fee: \$6**  **Neighborhood in Rio Rancho**

Charlie Steen uses journals and memoirs of travelers 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 Mary Wortly Montagu and Mary Wollstonecraft, joined people like Boswell, Sterne, Gibbon, and Young. They all left us accounts that tell us much about the century.

*See bio in class #135.*

**NIRR UFO Burn Victim Case - Hobbs, New Mexico 1964** **204**  
*David Marler*  
**Monday** **Jun 12** **3:00 - 4:30**  
**Fee: \$6**  **Neighborhood in Rio Rancho**

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 all across the US in 1964.

David Marler is an independent UFO researcher with a lifelong interest in UFOs. He strives to have an open mind for UFO phenomenon, balanced with a 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.

**NIRR Signals of Change: Shifts in Weather Patterns Associated with Global Warming** **205**  
*Deirdre Kann*  
**Monday** **Jul 10** **3:00 - 4:30**  
**Fee: \$6**  **Neighborhood in Rio Rancho**

Global climate change, notably in the form of rising temperatures, has been well documented and successfully modeled. But how are observed climate changes related to shifts in weather patterns and weather extremes? After a brief review of the difference between climate and weather, we focus on changes in our weather, including seasonal temperatures, temperature ranges, heat waves, and heavy precipitation events using scientific studies and recent observations.

*See bio in class #174.*

**NIRR Grizzly Country ZOOM****206**

Daryl Ratajczak

**Monday****Aug 14****3:00 - 4:30** **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. 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.

**LVL Camp Cody: A World War I Training Camp ZOOM****207**

Jim Eckles

**Thursday****Jun 15****3:00 - 4:30** **Zoom**

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, New Mexico, 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.

*See bio in class #181.*

**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. Limited enrollment.*

***This is a scheduled appointment; therefore, no credit or refunds will be issued for cancellations.***

*This service is offered at \$15 with support from a Blue Impact 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****515****Monday****May 15****9:00 - 12:00****Fee: \$15** **Oasis****Foot Care Clinic 2****522****Monday****May 22****9:00 - 12:00****Fee: \$15** **Oasis**

Oasis hopes to add more footcare clinics to the summer schedule; see our website or read our e-blasts for updates.



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



### 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/cologne.
- 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.

### COMMUNITY PARTNERS





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## Off-Site Class Locations

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

### **Albuquerque Zoo**

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

### **Animal Humane New Mexico**

Located at 615 Virginia St SE, Albuquerque. From Wyoming and Central, travel south on Wyoming toward Kirtland Air Force Base, turn right on Trumbull SE, then turn left on Virginia. Animal Humane is on the west side of the street.

### **Armijo Trail**

From I-40 East, take Exit 175 toward Cedar Crest. Take NM14 north to NM536, approximately 6 miles. Turn left on NM536 (Sandia Crest Scenic Byway), and drive 1.8 miles to Sulphur Canyon/Cienega Spring picnic areas. Turn left and continue to bear left; go up and over the hill for a little over 0.5 miles. Park at the bottom of the hill at the “T” intersection. \$3 Parking fee.

### **Bachechi Open Space**

Entrance to the Alameda parking lot is on the south side of Alameda between the river and Rio Grande Blvd. Meet at the southwest corner of the parking lot, near the public toilets.

### **Batten House**

Directions will be provided prior to the tour date.

### **David Canyon – Mars Court Trail**

From I-40, take Exit 175 to Tijeras. Go south on NM337 for 8.8 miles, and turn right on Raven Rd. Follow it 1.6 miles to Mars Court. Turn right on Mars Court, and drive about 20 feet to the parking area. Mars Court is unpaved but very short.

### **Duran’s Central Pharmacy**

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

### **Juan Tomas Open Space**

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

### **Kei & Molly Textiles**

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

### **Llamas del Sol**

Located at 605 El Dorado Dr NW, Albuquerque. From I-25, take Alameda west to 4th St NW. Turn left onto 4th St NW. (A large church with blue roof is on the corner of 4th and Alameda). Go 0.2 miles, and turn right onto El Dorado NW. Go 0.4 miles on El Dorado, and park in small lot or along fence.

### **Meals on Wheels**

Located at 5901 Harper, NE Albuquerque. Take I-25 North. Exit on San Mateo, go through the San Mateo intersection on the frontage road. Turn east (right) on Harper. Travel to address. Meals on Wheels is at the back of the building. Park behind the building.

### **Montaño Rail Runner Station**

Located at 130 Montaño Rd NW, Albuquerque.

### **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.

## Rio Grande Community Farm

Located at 1701 Montañó Rd NW, Albuquerque. Parking is available at the Los Poblanos Fields Open Space parking lot. Take I-25 to the Montgomery/ Montañó exit (Exit 228). Head west on Montañó past 4th St and turn north on Tierra Viva Rd. Parking is available in the gravel lot on the west side of Tierra Viva Pl NW.

## Sandia Mountain Natural History Center

Located at 60 Columbine Lane, Cedar Crest. From I-40 East, take Exit 175 toward Cedar Crest. Follow highway NM14 north into Cedar Crest. Approximately 3 miles from I-40, turn left onto Columbine Lane. Watch for the Phillips 66 gas station on the right; Columbine Lane will be about 300 yards past it on the left. Follow Columbine approximately 1/2 mile to the Center. Columbine Lane ends at the Center.

## Shining River Walk

Shining River Bosque access to parking lot is on the west side of Rio Grande Blvd, south of Alameda. Parking lot cannot be accessed from Paseo del Norte, even though it's next to Paseo del Norte.

## Tree Tour at UNM

Meet in front of the Popejoy Hall located on the UNM campus at 203 Cornell Dr. Park in any spots not placarded (handicap, reserved, or at a parking meter) or in the multi-story parking garage near Popejoy Hall (paid parking).

## Verdes Cannabis Dispensary

Located at 10032 Coors Rd NW, Albuquerque. Located east of the Cottonwood Mall and near Pelican's Restaurant.

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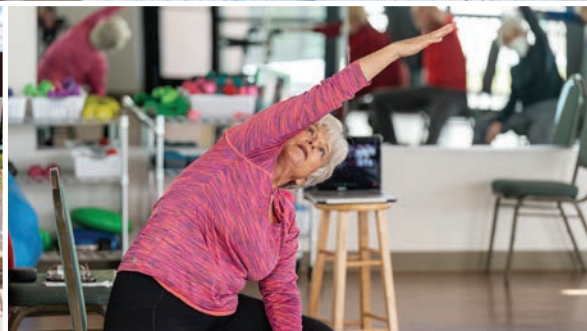
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1	2	3	4	5	6	7	8	9	10
		Registration Opens 10:00am							
ZM= Livestream via Zoom    *Off-Site Class. Please see the Off-site location directions on pages 39-40. Registration opens Wednesday, May 3 at 10:00 am and continues throughout the term.									
8	9	10	11	12	13	14	15	16	17
203 NIRRR English Travelers* 3:00-4:30	187 Qigong Fundamentals 1:00-2:00 142 Austin Book Group 1:30-3:00	198 Juan Tomas Hike* 8:30-11:30 124 A Matter of Balance 10:00-12:00 156 Intro to SoulCollage® 1:00-3:00	199 Shining River Walk* 8:00-10:00 200 David Canyon Hike* 8:30-11:30 134 Rocket on the Rails 2:30-4:00	135 Creating Paris 10:00-11:30 162 Rio Grande Comm. Farm Tour* 10:00-12:00 155 Memoir Writing 12:30-2:30					
15	16	17	18	19	20	21	22	23	24
201 Armijo Hike* 8:30-11:30 515 Foot Care Clinic 1 9:00-12:00 110 Social Media & Misinformation 10:00-11:30	147 Singing the Show Tunes 10:15-11:45 143 Summit Book Group 11:00-12:30 125 Cholesterol Remedies 12:30-2:00 187 Qigong Fundamentals 1:00-2:00 144 Holmes Book Group ZM 1:00-2:30	163 Tree Tour UNIM 1* 9:15-11:00 178 Uranium & New Mexico 10:00-11:30 124 A Matter of Balance 10:00-12:00 117 Casablanca ZM 12:30-2:30 188 Get Up, Get Down 1:00-2:00 156 Intro to SoulCollage® 1:00-3:00 145 West Mesa Book Group* 1:30-3:00	185 Camino de Santiago 10:00-11:30	165 Lamas Up Close* 9:00-10:30 111 Update on Ukraine ZM 10:00-11:30 188 Get Up, Get Down 1:00-2:00 149 Tracey Whitney Performance 2:00-3:30					
22	23	24	25	26	27	28	29	30	31
522 Foot Care Clinic 2 9:00-12:00 126 Atrial Fibrillation 10:00-11:30 136 Manhattan Project ZM 12:30-2:00 101 Abstract Pastels 12:30-3:30	164 Tree Tour UNIM 2* 9:15-11:00 147 Singing the Show Tunes 10:15-11:45 180 Furthest Point from Daylight 12:30-2:00 101 Abstract Pastels 12:30-3:30 187 Qigong Fundamentals 1:00-2:00	124 A Matter of Balance 10:00-12:00 157 Taking Photos 10:00-12:00 166 Planetary Defense 12:30-2:00 188 Get Up, Get Down 1:00-2:00	102 Kei & Molly Tour* 10:00-11:00 159 Catholic Church/Third Reich 10:00-11:30						
29	30	31							
OASIS OFFICE CLOSED	147 Singing the Show Tunes 10:15-11:45 187 Qigong Fundamentals 1:00-2:00	124 A Matter of Balance 10:00-12:00							



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00	<b>4</b>	OASIS OFFICE CLOSED	<b>5</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00	<b>6</b>	196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 112 Rio Grande River 2:30-4:00	<b>7</b>	152 Hispano Music of NM 2:00-3:30
<b>10</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 108 Dispensary Tour 2* 10:00-11:30 205 NIRR Signals of Change* 3:00-4:30	<b>11</b>	147 Singing the Show Tunes 10:15-11:45 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 142 Austin Book Group 1:30-3:00	<b>12</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 182 Don Perkins 10:00-11:30 139 Feathered Friends 12:30-2:00	<b>13</b>	171 Dude, You Had One Job ZM 10:00-11:30 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 122 Reduce Your Sugar 12:30-2:00	<b>14</b>	
<b>17</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 113 US/NM Viewed From Afar 10:00-11:30	<b>18</b>	147 Singing the Show Tunes 10:15-11:45 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 143 Summit Book Group 11:00-12:30 123 Meals on Wheels Tour* 11:00-1:00 144 Holmes Book Group ZM 1:00-2:30	<b>19</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 114 Energy Transition 10:00-11:30 120 News: Pitch to Program 12:30-2:00 145 West Mesa Book Group* 1:30-3:00	<b>20</b>	158 Accurate Family Tree 10:00-11:30 106 Calligraphy 10:00-12:00 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 172 Artificial Intelligence 12:30-2:30	<b>21</b>	
<b>24</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00	<b>25</b>	147 Singing the Show Tunes 10:15-11:45 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00	<b>26</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 173 Minerals 10:00-11:30	<b>27</b>	109 Duran Pharmacy Tour* 9:30-10:30 196 Tai Chi Health Pt 1 11:00-12:00 197 Tai Chi Health Pt 1 ZM 11:00-12:00 172 Artificial Intelligence 12:30-2:30	<b>28</b>	
<b>31</b>	194 Tai Ji Quan Pt 1 9:00-10:00 195 Tai Ji Quan Pt 1 ZM 9:00-10:00 184 Computer Programming ZM 10:00-11:30								

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Registration opens Wednesday, May 3 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
1		1		2		3		4	
147 Singing the Show Tunes* 196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM	TBD 11:00-12:00 11:00-12:00	147 Singing the Show Tunes* 196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM	TBD 11:00-12:00 11:00-12:00	194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 174 Weather Changed History	9:00-10:00 9:00-10:00 10:00-11:30	196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM 115 Supreme Court 116 Supreme Court ZM	11:00-12:00 11:00-12:00 12:30-2:00 12:30-2:00	153 Harvey Couriers Chautauqua	2:00-3:30
7		8		9		10		11	
194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 184 Computer Programming ZM	9:00-10:00 9:00-10:00 10:00-11:30	147 Singing the Show Tunes* 196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM 175 Beloved Oceans 142 Austin Book Group	TBD 11:00-12:00 11:00-12:00 12:30-2:00 1:30-3:00	194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 184 Computer Programming ZM	9:00-10:00 9:00-10:00 10:00-11:30	196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM 130 CPR & AED	11:00-12:00 11:00-12:00 12:30-2:00	148 Wagner's Mythology!	10:00-11:30
14		15		16		17		18	
194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 184 Computer Programming ZM 206 NIRR Grizzly Country ZM	9:00-10:00 9:00-10:00 10:00-11:30 3:00-4:30	147 Singing the Show Tunes* 196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM 143 Summit Book Group 144 Holmes Book Group ZM	TBD 11:00-12:00 11:00-12:00 11:00-12:30 1:00-2:30	194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 131 Understanding Alzheimer's and Dementia 184 Computer Programming ZM 140 Hildegard von Bingen 145 West Mesa Book Group*	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30 12:30-2:00 1:30-3:00	196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM 141 Siracusa Geology	11:00-12:00 11:00-12:00 12:30-2:00	154 Oasis Entertainers	2:00-3:00
21		22		23		24		25	
194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 176 Penguins Tour 1 184 Computer Programming ZM 132 Reverse Heart Disease	9:00-10:00 9:00-10:00 9:30-11:30 10:00-11:30 12:30-2:00	177 - Penguins Tour 2 196 - Tai Chi Health Pt 1 197 - Tai Chi Health Pt 1 ZM 133 - Exercise for Balance	9:30-11:30 11:00-12:00 11:00-12:00 12:30-2:00	194 Tai Ji Quan Pt 1 195 Tai Ji Quan Pt 1 ZM 183 NM State Fair 184 Computer Programming ZM	9:00-10:00 9:00-10:00 10:00-11:30 10:00-11:30	196 Tai Chi Health Pt 1 197 Tai Chi Health Pt 1 ZM	11:00-12:00 11:00-12:00		
28		29							
		196 - Tai Chi Health Pt 1 197 - Tai Chi Health Pt 1 ZM	11:00-12:00 11:00-12:00						
				ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 39-40. Registration opens Wednesday, May 3 at 10:00 am and continues throughout the term.					



# 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 summer term - either online or by phone.

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

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

## 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 credit will appear as a store coupon when you check out. If you register by writing a check, please call the

## Oasis Policies, Cont.

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.

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in this event (class/meeting), please contact the Oasis office manager at (505) 884-4529 at the time of registration or at least one week prior to the event (class/meeting). Thank you.

**Summer 2023 classes begin  
Monday, May 8, 2023.**

## Registration Info:

Registration opens at 10:00 am on Wednesday, May 3, 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 10:00 am on Wednesday, May 3, 2023. If you register online at that time, you have a very good chance of getting into a popular (or limited enrollment) class. If you are not comfortable registering online, your best bet is to mail in your paper registration form as soon as possible. We start collecting registration forms the day the catalogs arrive; however, they are not entered into our system until registration opens at 10:00 am on May 3, 2023.

You can mail your registration form at your earliest convenience after receiving your new catalog. Paper registration forms are processed in the order they are received beginning at 10:00 am on the first day of registration (May 3, 2023). The first form received is the first one entered and so on.

### **Important Registration Information**

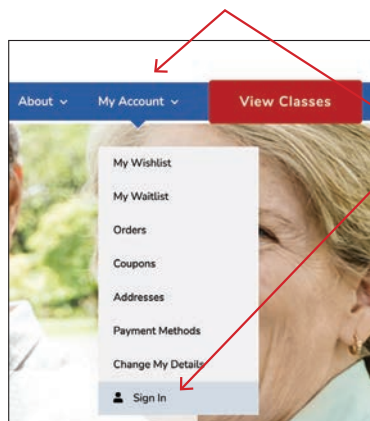
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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**

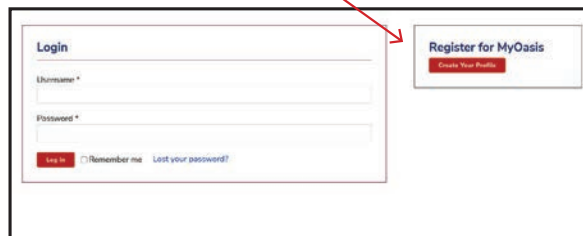
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we will charge only for the classes in which you are enrolled.
- **Cash or check payments:** We accept cash or checks. If you are paying by cash or check and a class is full when you register, we will apply the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



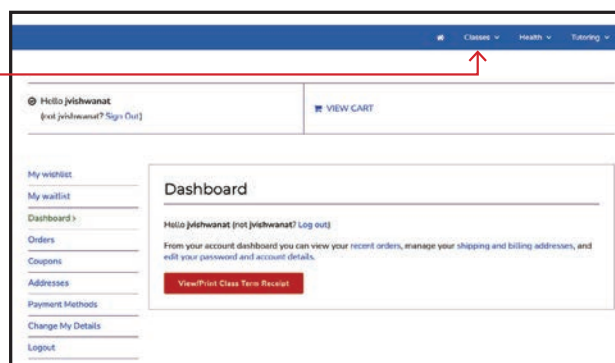
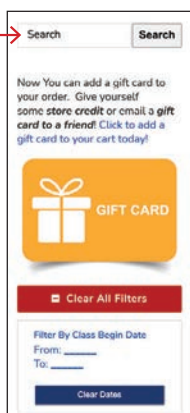
1. Go to [www.oasisabq.org](http://www.oasisabq.org)

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

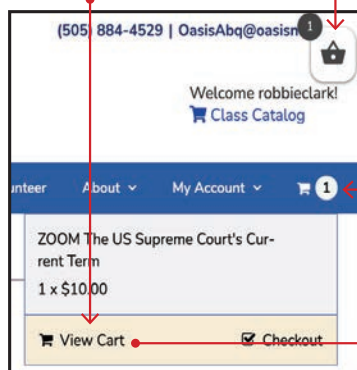


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

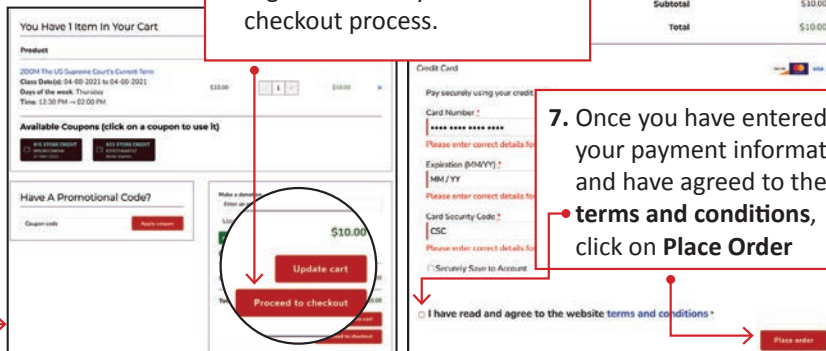
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

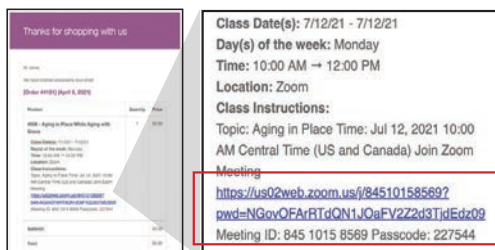


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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 Summer 2023 Class Registration    Oasis ID# (from catalog address label)

Date    /    /

Name    Address   

City    Zip    Phone   

Email   

**WAIVER OF LIABILITY:** 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:**

✓	Cl#	*Indicates Off-Site Class	Office Use Only		
			Fee \$	In	W
	101	Abstract Pastels	\$55		
	102	Kei & Molly Tour*	\$18		
	103	Quilling Workshop	\$30		
	104	Floral Quilling	\$30		
	105	Batten House Tour*	\$25		
	106	Calligraphy	\$15		
	107	Dispensary Tour 1*	\$18		
	108	Dispensary Tour 2*	\$18		
	109	Duran Pharmacy Tour*	\$18		
	110	Social Media & Misinformation	\$12		
	111	Update on Ukraine ZM	\$12		
	112	Rio Grande River	\$12		
	113	US/NM Viewed From Afar	\$12		
	114	Energy Transition	\$12		
	115	Supreme Court	\$12		
	116	Supreme Court ZM	\$12		
	117	Casablanca ZM	\$12		
	118	Fred Astaire ZM	\$12		
	119	Katharine Hepburn ZM	\$12		
	120	News: Pitch to Program	\$12		
	121	Cooking for Gut Health	\$35		

✓	Cl#	*Indicates Off-Site Class	Office Use Only		
			Fee \$	In	W
	122	Reduce Your Sugar	\$12		
	123	Meals on Wheels Tour*	\$20		
	124	A Matter of Balance	Free		
	125	Cholesterol Remedies	\$12		
	126	Atrial Fibrillation	\$12		
	127	Healthy Exercise	\$12		
	128	Improving Cognition	\$12		
	129	Superconscious Meditation	\$12		
	130	CPR & AED	\$6		
	131	Alzheimer's & Dementia	\$6		
	132	Reverse Heart Disease	\$12		
	133	Exercise for Balance	\$12		
	134	Rocket on the Rails	\$12		
	135	Creating Paris	\$12		
	136	Manhattan Project ZM	\$12		
	137	Black Death	\$12		
	138	Stonehenge & Avebury	\$12		
	139	Feathered Friends	\$12		
	140	Hildegard von Bingen	\$12		
	141	Siracusa Geology	\$12		
	142	Austin Book Group	\$12		

✓	Cl#	*Indicates Off-Site Class	Office Use Only		
			Fee \$	In	W
	143	Summit Book Group	\$12		
	144	Holmes Book Group ZM	\$12		
	145	West Mesa Book Group*	\$12		
	146	Rhyme is Not a Crime	\$12		
	147	Singing the Show Tunes	\$70		
	148	Wagner's Mythology!	\$12		
	149	Tracey Whitney Performance	\$15		
	150	Hunker Down Staged Reading	\$15		
	151	Eileen & Cross Country Band	\$15		
	152	Hispano Music of NM	\$15		
	153	Harvey Couriers Chautauqua	\$15		
	154	Oasis Entertainers	\$12		
	155	Memoir Writing	\$15		
	156	Intro to SoulCollage®	\$20		
	157	Taking Photos	\$12		
	158	Accurate Family Tree	\$12		
	159	Catholic Church/Third Reich	\$12		
	160	Why People Leave Church	\$12		
	161	Jewish Civil Society	\$12		
	162	Rio Grande Comm. Farm Tour*	\$18		
	163	Tree Tour UNM 1*	\$15		





# New Participant Form



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

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

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

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

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

Email Address: \_\_\_\_\_ Username: \_\_\_\_\_

☐ 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).**



Cut along the line to remove and return this form.

## Oasis Institute/Oasis Albuquerque

### American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque, NM 87176

**505-884-4529**

**www.oasisabq.org**

Registration opens on

Wednesday, May 3, 2023, 10:00am

& continues throughout the term.

See pages **51-52**.

Classes begin Monday, May 8, 2023

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

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

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

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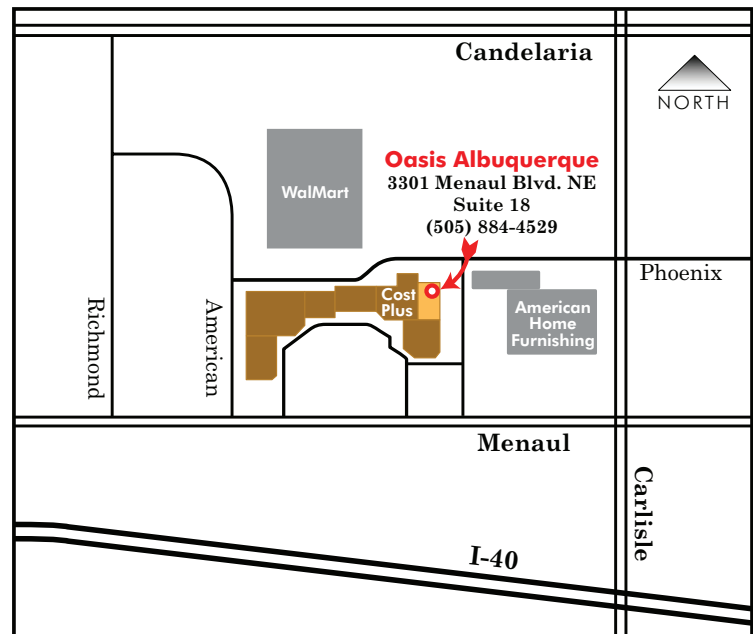
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